How To Make Money ~*A Multi-Millionaire's Secret*

Physical Culture

A MACFADDEN PUBLICATION
25 CENTS

MAY

MACFADDEN Insured For A Million In His 60th Year

How To Gain Weight

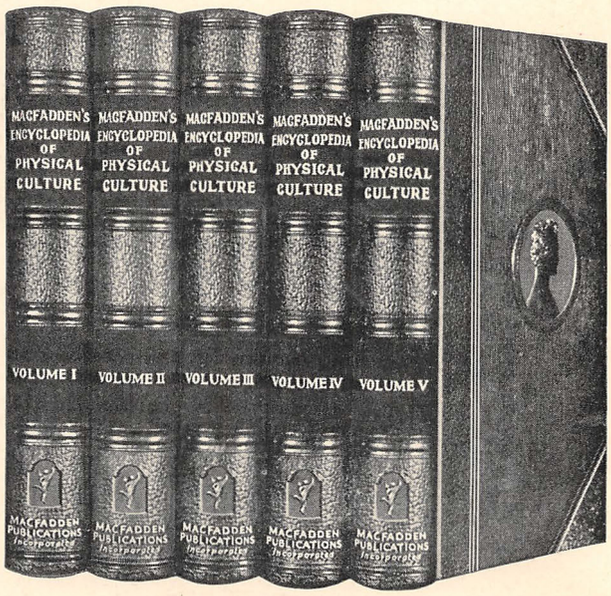
Why Husbands Lose Their Wives

Heart Disease Can Be Cured
See Page 38

Make Yourself Beautiful

You can add 15 years to your life!

At least 60% of physical and mental misery is preventable and curable. In fact the life of the average person would be prolonged 15 years if people knew how to rule their health as they do their actions.



ENCYCLOPEDIA of PHYSICAL CULTURE
New 7th Edition ~ Completely Revised

FROM maturity to old age the breaking down or wearing out of vital organs is in process. But because there is no pain or noticeable symptoms the victim ignores the little signals of warning which Nature is constantly issuing until face to face with a dangerous disease.

When one is easily exhausted, even with a moderate amount of work—or suffers from headache, loss of appetite, a cold in the head or on the chest, a dull ache across the back, spots before the eyes, ringing in the ears, these are all signals, the neglect of which may lead to serious—perhaps fatal—illness.

Yet the cause of degenerative changes are preventable if taken in time. In fact, you can rule your health as surely as you rule your actions. Bernarr Macfadden, the world's outstanding exponent of physical culture, has, perhaps, had more experience than any other one person in guiding thousands from physical weakness and ill health back to wonderful health and vigor. Out of this great experience he has built

The Encyclopedia of Physical Culture

This marvelous work gives invaluable information on fasting, diet, exercise, and hydropathy for both health and beauty building. It gives thorough and extensive treatment of the laws of sex, the attainment of virile manhood and womanhood, and happy successful parenthood, together with details for correct diagnosis and treatment of all sexual diseases. It contains many handsome charts on anatomy and physiology.

It is neither dull nor technical, but is comprehensive and complete in every sense. It is the crowning effort of Bernarr Macfadden's rich, full experience in the science of health and physical culture. You haven't any idea how valuable it will be to you, or how many dollars it will help you save each year. What, for instance, would it be worth in actual dollars to you to be able to instantly identify in its earliest stages any sickness that might overtake you or any member of your family? What would it mean to you to have glorious health, almost complete freedom from sickness or disease, no doctor's bills to meet, no hospital bills to pay, no days of suffering or worry, no salary lost through absence from business?

"One of the Best Works on Health Ever Published," says one writer

Thousands of letters have been written to Bernarr Macfadden commending his Encyclopedia of Physical Culture. One (name furnished upon request) says "Permit me to thank you for the great work by Mr. Macfadden—The Encyclopedia of Physical Culture—which I got from you some time last month. I have read much of it already, and consider it to be one of the best books on health ever published. I wish to thank Mr. Macfadden for his great work. The Encyclopedia is going to be my best doctor now and always."

Another man writes: "I cannot express the wonderful value of these great books and feel they will lead me to a successful married life, as I have recently married. They are a plain, sensible and priceless guide to a perfect physical life."

A New Edition Just Off the Press

Six big editions of this popular work have been exhausted. And now the seventh edition—greatest of all—has just come off the press. This edition has been completely revised at great expense. Scores of new illustrations have been inserted. The binding has been changed to a beautiful all Fabrikoid, more durable than leather. Altogether it is the finest edition of the Encyclopedia ever issued.

10 Days' Free Examination of Entire Set—No Money Needed

This is the most liberal offer we have ever made on the Encyclopedia—10 days' examination of the entire set at no expense to you. There is no money needed—no deposit to pay. Just fill in the coupon and we will send the five volumes to you, all shipping charges prepaid, for your inspection.

Take ten days to examine the set. Then if you decide to purchase send us only $2.00 as your first payment. Additional payments may be made at the rate of only $3.00 a month until the total cost of $35.00 has been paid.

If you care to pay cash you may do so by sending us only $31.50. This represents a 10% discount.

If you purchase the set at once we will include, without extra charge, a one year's subscription to PHYSICAL CULTURE Magazine.

Remember, no money now, and no obligation to purchase. You simply agree to return the books at the end of ten days in case you decide not to keep them.

A Complete Education in Physical Culture

THIS set of five volumes contains a complete education on Physical Culture and Natural Curative Methods—the equivalent of twenty comprehensive books on the following phases of health and vitality building:

(1) A complete work on Anatomy fully illustrated.
(2) A Physiology in plain language, and embracing many illustrations.
(3) A reliable and comprehensive handbook on Diet.
(4) A complete Cook Book.
(5) A book on Exercise in its Relation to Health.
(6) A handbook on Gymnastics, with full instructions on drills and apparatus work of every sort, with hundreds of illustrations.
(7) A book illustrating and describing every form of Indoor and Outdoor Sports and Exercises—complete courses in Boxing, Wrestling, etc.
(8) Handsome colored charts and instructions for Developing a Powerful Physique.
(9) A complete handbook on Beauty-Culture.
(10) The most complete and extensive work on Fasting ever published.
(11) A comprehensive work on Hydrotherapy, including water treatments of every variety.
(12) A book on Mechanical Therapeutics giving full details and scores of pages of illustrations of physcultopathic treatments.
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(17) Sexual Weakness and Disease, their Cause and Cure.
(18) Rules for Happy Marriage and Parenthood.
(19) A complete work on Childbirth—how to make it safe and comfortable.
(20) A practical work on the Training of Children.

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1926 Broadway, New York City

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Wanted—Your Services

As a Real Estate Specialist

Make big Money—I made $100,000 in less than 5 years. Learn how I did it. Use my successful system. Begin at home—in your spare time. Make money my way. Start now. Free book tells how.

Are you in the same hole I was in?

Are you stuck in the rut of *hard work* and *poor pay?*

Are you dissatisfied with your job, your *income* or your *prospects?*

Are you having a struggle to make both ends meet?

Are you putting up with the *crumbs* of life while others are getting all the cake?

Then you are the man I want to talk to.

Listen!

When I made up my mind to get started in the real estate busines, in my spare time, I was receiving a salary of $100 a month.

I was doing work I was not fitted for and which I thoroughly disliked.

I was living in a gloomy boarding house, wearing cheap clothes, striving to keep out of debt, and getting mighty few of the good things of life.

I began to make money in real estate right from the start. And in less than five years I cleaned up net profits of *more than one hundred thousand dollars.*

To get the whole story of my success in real estate, and how you, too, can succeed, write at once for my free book "How to Become a Real Estate Specialist." It contains *my history* and *your opportunity.*

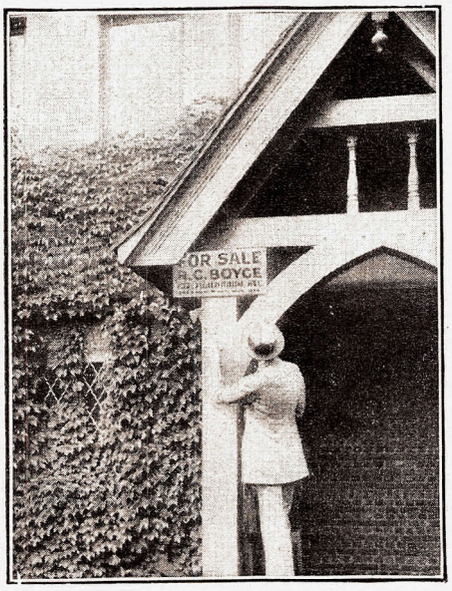
Follow in My Footsteps

If you want to learn the secret of my success—if you want to use my money-making methods—if you want to follow in my footsteps—this is your chance. And *now* is the time to get started.

I have studied real estate conditions in this country very carefully, and my investigations convince me that the next ten years are going to be banner years for real estate.

Furthermore, my experience satisfies me that there is no better business to get into. It is more healthful than most indoor jobs—you can start in spare time—you can begin with little or no capital—it does not require years of study like medicine, pharmacy, dentistry, law, engineering, electricity, architecture, etc.—the beginner is paid the same rate of commission as old-timers—the business is practically unlimited—it is estimated that there are thirty million properties in the country and that ten million of them are always on the market—it is a permanent business, not affected by fads or fashion—it is constantly growing as population increases—it puts you in touch with the best people—it is a dignified, pleasant and worthy occupation with great possibilities for big profits.

If you want to make big money as a Real Estate Specialist—if you want to use my amazingly efficient system—let me hear from you at once. I will send you—



Put Your Name Before the World

without cost or obligation—my free book, which fully explains how you can get started—in your spare time—just as I did—in a new kind of real estate business that is as far ahead of the old, moss-covered methods of the average real estate agent as the automobile is ahead of the ox cart of our forefathers.

What Others Are Doing

As positive proof of the success of my modern methods, read the following brief extracts from some of the letters that come to me from those who are using my scientific system—following in my footsteps—making money my way.

"Until last summer, I was in the furniture business. Made from my real estate activities $904.60 in commissions in June and in July $1,252."—A. D. Perkins, Conn.

"One year ago my husband died, leaving me as the breadwinner for a daughter and mother. Have paid all my bills and have supported my family, thanks to your wonderful instructions which showed me the way."—Mrs. C. L. Reeves, Ohio.

"I was a Ford salesman earning $300 a month. Your Real Estate System increased my earning power 200%. I now own a Chrysler Sedan, up-to-date office equipment and have increased my bank account."—Alfred J. Bennett, Mich.

"After a few months' study I ventured out on my first deal. So far I have made over $1,800 all in my spare time."—M. J. Stokes, Penn.

"I sold over $17,000 worth of property in one week, and I now have deals that will go beyond the $300,000 mark. I owe all my success to your comprehensive system."—Carrie Marshall, Miss.

There isn't room here for any more such letters, but send for my free book, "How to Become a Real Estate Specialist." It is filled with stories of success. And it makes plain how you—too—can use my money-making methods to build a profitable independent business of your own—just as others are doing.

Act Promptly

Investigate this splendid business opportunity at once. Learn how easy it is to follow my methods and get big money for your services as a Real Estate Specialist.

The business needs you. It offers rich rewards for trained men.

So, mail the coupon *now*—before you lay this magazine aside—and receive, without cost or obligation, a copy of my new book, "How to Become a Real Estate Specialist." From it you will learn how you can use my successful system to make money my way—how you can get started right at home—in your spare time—without capital or experience—and establish yourself as a Real Estate Specialist, in a high grade, money making-business of your own.

Be prompt! Your opportunity is here and now. "Wise men act while sluggards sleep." Write your name and address on the coupon and mail it at once to American Business Builders, Inc., Dept. 2-5, 18 East 18 Street, New York. You will then have the satisfaction of knowing that you have opened the way to a profitable business career for yourself as a Real Estate Specialist.

$1,000 REWARD

We do not claim that all who follow our instructions make such amazing profits so quickly and so easily. But we do say that the fact that so many have done so is proof that the average person can make more money in less time **our way** than in any other way we know of. And we back up this statement with an offer of **One Thousand Dollars** in gold, to anyone furnishing proof of any other course of any kind that is helping as **many** men and women make as **much** money in as **short** a time as our Real Estate Course.

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Send me—without cost or obligation—your free illustrated book, "How to Become a Real Estate Specialist."

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Physical Culture

Founded by BERNARR MACFADDEN

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Cover Design from a Photograph of Gwen Lee, a Metro-Goldwyn Player, by Ruth Harriet Louise

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A WORD TO OUR READERS—ABOUT OUR ADVERTISING.

The high principles and standards that guide our editorial policy is followed consistently in the advertising we accept for the pages of PHYSICAL CULTURE.

We feel that our advertisers as well as our editors have a message for our readers which will be beneficial and instructive to them.

We have many letters telling of the self-improvement and development gained through following PHYSICAL CULTURE advertising.

PHYSICAL CULTURE is glad to stand behind its advertisers and guarantee the products and services offered in its columns.

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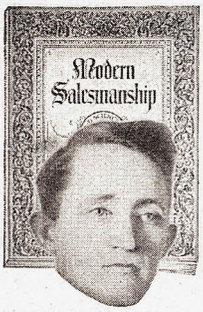
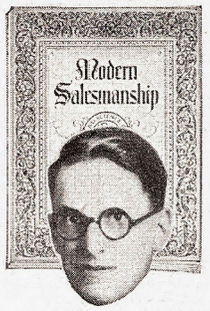


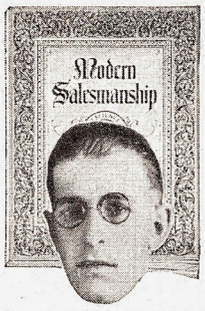
$1,000 In One Week

"Before taking the N.S.T.A. Course I was making $200 a month, but could see no future. Since taking your course I have advanced steadily and am now District Manager for a big concern. Last week my earnings amounted to over $1,000. Any N.S.T.A. graduates in Arkansas, Missouri, Louisiana, Texas or Oklahoma wanting work, write me. I want N.S.T.A. salesmen, for I know they bring home the bacon."—O. D. Oliver, Norman, Okla.



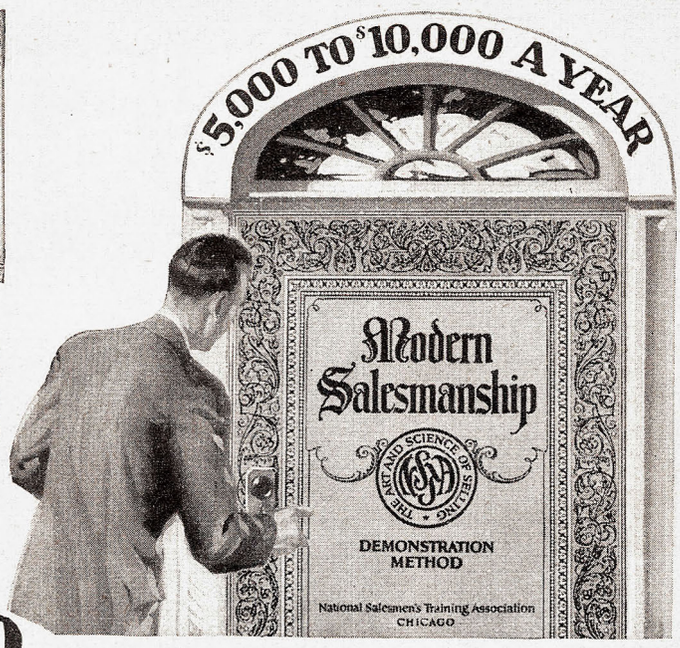
$7,200 a Year

"At the time I started N.S.T.A. Training my income was less than $150 per month. Now it is four times that. I feel that my increase from $1,800 to over $7,200 per year is mostly due to your excellent training methods. I also feel that your Employment Service is of great value to every student." — L. D. Mather, Richmond, Va.



From $8 to $125 a Week

"I came to this country in 1919, being for some time unable to speak or read the English language. I worked as a dish-washer at $8.00 a week. My first selling job, obtained through N.S.T.A., paid me $50 a week. Now it is $125. Two friends who said I was crazy to want to sell are still working in the restaurant!"—Mark Barichievich, San Francisco, Calif.



OPEN *the* SAME DOOR to BIGGER PAY

Your Own Ambition to Succeed is the Only Key You Need to Unlock This Gateway to Golden Opportunity

One simple little act has made all the difference in the world to thousands of men—has taken them from drudgery in dull drab jobs to fascinating work that pays them up to $5,000 and $10,000 a year. That simple act you can perform. Look what it meant to the men whose pictures you see above. Just as though by a touch of magic they were turned into real money-makers!

Why not take the same step they did? At least, do as they first did by sending for a copy of "Modern Salesmanship," a book that outlines a simple plan which will enable almost any man to master scientific salesmanship without spending years on the road—without losing a day or a dollar from his present position—a book that a famous business genius has called "the most remarkable book ever written!"

This amazing book is now free and will be sent to you without cost or obligation of any kind.

Salesmen Are "Made" Not "Born"

Thousands of men today are in the rut simply because of a foolish notion that selling is a "gift." Nothing could be further from the truth. During the past twenty years the National Salesmen's Training Association has taken men from all walks of life—street car men, railroad employees, clerks, bookkeepers, mechanics, etc., and developed them into first-class salesmen.

Don't let the word "selling" scare you—for you can learn to sell in your spare time at home just as easily as you learned the alphabet. Selling is governed by certain rules and principles—all easily acquired by men of average intelligence and through the NATIONAL DEMONSTRATION METHOD—an exclusive feature of the N.S.T.A. System of Salesmanship Training, you gain a direct knowledge of the actual making of sales while studying.

Big Demand for Trained Salesmen

It might surprise you to know that the Free Employment Department of the N.S.T.A. annually receives requests for over *fifty thousand* salesmen—requests from leading wholesalers, manufacturers and jobbers in various lines all over the U. S. and Canada. They know that men who have taken this training have made good in a big way right from the start. And why not? Master minds of the selling profession have developed and stand behind this result-securing course.

Remarkable Book Sent Free

Just fill in and mail the coupon and we will promptly mail you a copy of "Modern Salesmanship,"—also a brochure giving details of the J. E. Greenslade $10,000 Better Salesmanship Endowment. Rush the coupon today.

Through This Amazing Book Thousands Have Entered the Real Money-Making Class

$10,000
CASH AWARDS

Get the details of the J. E. Greenslade Better Salesmanship Endowment

160 National and State Awards

1st Grand National Award		$1,000
2nd Grand National Award		500
3rd Grand National Award		250
2 Special National Awards of	$125	250
5 Special National Awards of	100	500
50 1st Grand State Awards of	75	3,750
50 2nd Grand State Awards of	50	2,500
50 3rd Grand State Awards of	25	1,250
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National and State Boards of Judges

Prominent corporation heads, sales managers, statesmen and others, form the National Board of Judges. In addition there are State Boards of Judges, Judges for the U. S. Territories and Judges for Canada, cooperating with President Greenslade. All are named in the $10,000 Endowment Brochure.

Every ambitious man has a fair chance to win a cash prize irrespective of location or lack of selling experience.

Mail the coupon below—it may mean the turning point in your life

NATIONAL SALESMEN'S TRAINING ASSOCIATION
WORLD'S OLDEST AND LARGEST Exclusive SALES TRAINING INSTITUTION

Dept. E200, N.S.T.A. Building, Chicago, Illinois

FREE *to* YOU *Now!*

National Salesmen's Training Association
Dept. E-200, N.S.T.A. Building, Chicago, Ill.

Without cost or obligation send me your FREE book, "Modern Salesmanship," together with your $10,000 Endowment Brochure, explaining the J. E. Greenslade Better Salesmanship Endowment.

Name .....

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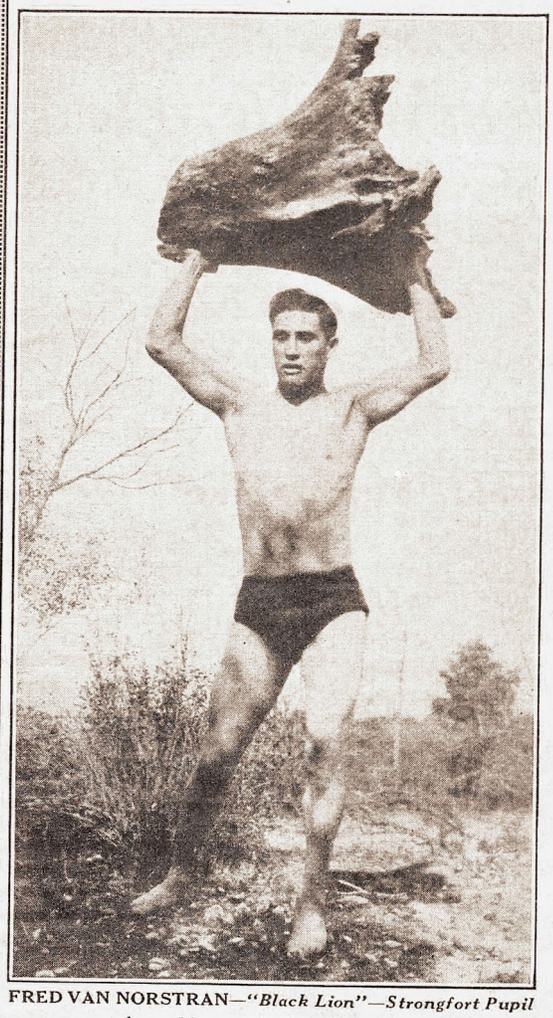
City ..... State .....

Age ..... Occupation .....

Montana's "Black Lion"

Gives Full Credit to STRONGFORTISM For His Marvelous Strength



FRED VAN NORSTRAN—*"Black Lion"—Strongfort Pupil*

It is never too late to regain your strength—this is the vital message Fred Van Norstran, known throughout the Northwest as the "Black Lion," sends to all men who find themselves in a weakened physical condition.

Van Norstran is one of many thousands who have benefited and rebuilt themselves into robust and powerful men through STRONGFORTISM.

Van Norstran writes Lionel Strongfort from Helena, Montana:

"I am a man now over 40 years and have won medals proving me to be one of Montana's strongest men. And, dear old friend, I give you credit for it all. You have shown me the right way to gain great strength. If anyone doubts this tell them to write to me."

* * *

While Van Norstran was travelling last summer with the Levitt-Brown-Huggin's Athletic Show as a wrestler and strongman he proved himself A PHYSICAL MARVEL. He weighs no more than 160 pounds but he can hold his own with all of the heavyweights along the Pacific Coast. They call him "the Black Lion" because he is one of the most ferocious wrestlers in the game.

* * *

Moose Norbeck, Heavyweight Boxer and Wrestler, Wrote on Jan. 29, '28:

His muscular body SCARES most men and they are WHIPPED before they begin. I saw him do some of his feats of strength and I was never so surprised in all my life—and I am an athlete and strongman myself, weighing 230 pounds.

Praise From His Daughter

On October 3rd, 1927, Van Norstran's daughter, Miss Pearl, who performs feats of strength in conjunction with her father, wrote us as follows:

"Father has been meeting all comers in wrestling and Jiu Jitsu and, in spite of his age, he has defeated every one his own weight and many that were as much as 20 pounds heavier. He sends you his regards and thanks for your great teachings.

"Dad is so strong, active and quick that his opponents soon fall by the wayside. He has such a formidable grip in his hands that he has made many men quit on account of that alone."

STRONGFORTISM SUPREME

What is written of and by Fred Van Norstran is in line with stories that pour into Lionel Strongfort's office from all parts of the world from men in all walks in life—young and middle-aged. They all praise Strongfort's methods to the skies. They all tell how they rose from discouraging weakness to the glorious heights of manly strength—as boxers, wrestlers, weight-lifters or just plain strong healthy fellows who could defend themselves in any contest of strength.

* * *

If You Seek Great Muscular Strength or Just Plain Good Health STRONGFORTISM Will Show You the Way More Quickly and More Surely than Any Other System of Physical Culture or Health or Strength Building known.

If you would know more about STRONGFORTISM and how it makes weak men strong, clip and send the coupon on next page of this magazine. Get the FREE BOOK telling the wonderful achievements of Lionel Strongfort—how he developed himself into an outstanding athlete and how he worked wonders in making weak men strong.

STRONGFORT INSTITUTE

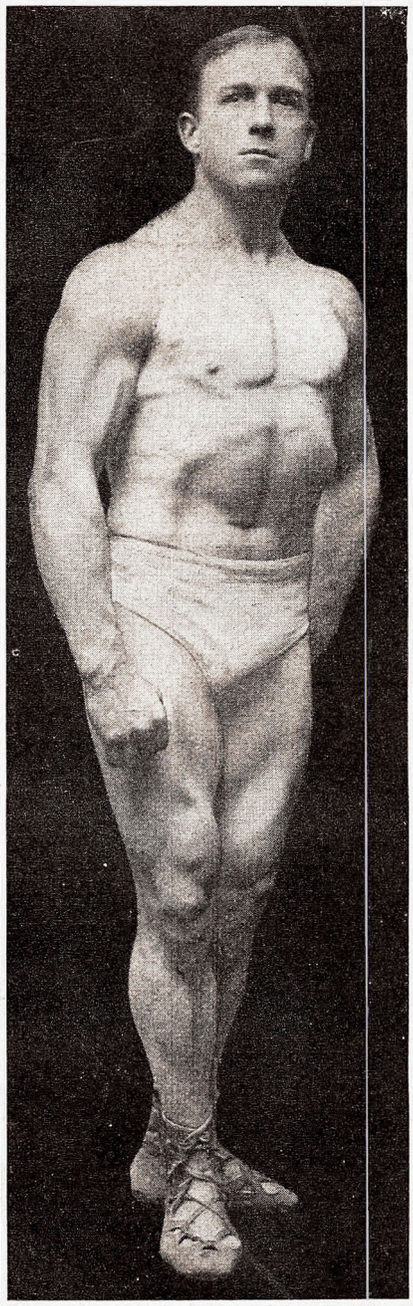
Lionel Strongfort, Director
Physical and Health Specialist

Dept. 472, Newark, New Jersey, U.S.A.

MISS PEARL VAN NORSTRAN
Daughter of Fred Van Norstran and the coming Strong Woman of the World

You Can "Come Back" To Health and Strength

Strongfortism Will Help You



STRONGFORT—BUILDER OF MEN

My portrait is not published for glory or as a boast of my prowess, but as concrete evidence that my body was developed into perfect physical and health condition by the very methods I use in upbuilding other men and restoring them to health and strength. It is no trick to develop external muscles by physical culture, gymnasium or weight lifting methods, but outward muscular development means nothing if not backed up with internal development, which is the secret of health and manly vigor.

DON'T stand by and see your body tottering and growing weaker and flabbier day by day, unfitting you for every physical function, making a sorry spectacle of you in everything you undertake. Don't do it—if you want to be a man—a real he-man—a man who will be noticed in a crowd by both men and women. Don't be a weakling when you can be a healthy, powerful, muscular fellow with a grip like iron, a knockout punch, a chest that denotes strength, and a face that pictures buoyant health and happiness. Battle against weakness and disease and annoying ailments. *It's your fight*—and *you can win it!* I can help you! I will help you! I have performed wonders in restoring weak men to health and strength. Thousands will testify to this fact. Read the opposite page. See what one of my pupils has become—an outstanding strong man.

From a man of ordinary strength—I might say weakness—he was so developed that he now performs almost incredible feats of strength.

Listen to Me, Young Man

You need not be discouraged and down with the blues because of your weakened physical condition, or your ailments, or your lack of manliness. I have put thousands on their feet after they had been dragged down so deep they thought they could never be real men again. I gave them stamina, pep, vigor, energy, ambition. I built them up inch by inch—internally and externally—by my original methods until they became outstanding men, full of snap and "go" and steam. And tens of thousands of letters in my office tell of their restoration to health, the rejuvenation of their whole muscular system, the awakening of their mentality and the joy and happiness that came through embracing

STRONGFORTISM
Science of Health and Strength

It was through the methods I used in developing my own body until I won the world's record as the finest specimen of muscular development and championships in feats of great strength, in Europe and in the United States, that I constructed the science of STRONGFORTISM. It is through it that I reclaim wrecked and weak men, make them into new beings and give them a body and arms of which they can boast. I require you to use no apparatus. *No drugs or medicines are prescribed.* No inconvenient hours are required. Only a little of your time in the privacy of your own room is necessary to follow my easily understood instructions—and, oh man, how glad you'll be that you listened to me, once you've started on my course. It means a new day for you, that's sure as you're alive.

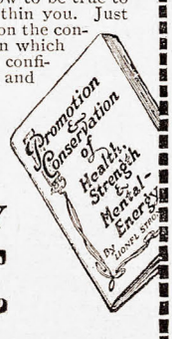
You can banish your weakness. You can be a man to be feared in physical combat. There is no doubt about it. I can prove it if you'll just sit down and tell me frankly that you are willing to guide by what I tell you.

Send For My FREE Book

Send for your copy of my extraordinary book and you will learn facts that will astonish you and help you out of your sorry plight.

The experience and research of a lifetime are contained in my wonderfully instructive book, "*Promotion and Conservation of Health, Strength and Mental Energy.*" It will tell you frankly how you can make yourself over into a vigorous specimen of vital manhood with 100% pep, power and personality. It will show you how to be true to the best that is within you. Just check the subjects on the consultation coupon on which you want special confidential information and send to me.

It is a man-builder — a success maker and a life-saver.



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..Thinness	..Rheumatism	..Stomach Disorders
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Age.....Occupation.....

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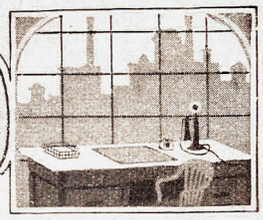

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Are You Old At Forty? See Our Advertisement on page 13 of this issue. The Electro Thermal Company, 1105 Morris Ave., Steubenville, Ohio.

Imitation Ice Cream. Amazing New Product. No freezing. Made at home in 2 minutes. Solidifies milk into delicious dessert; 8 dish sample with money making plan 10c. Creamojell Co., St. Paul, Minn.

A Paying Position Open To Representative Of character. Take orders shoes-hosiery direct to wearer. Good income. Permanent. Write now for free book "Getting Ahead." Tanners Shoe Mfg. Co., 405 So. C. St., Boston, Mass.

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Large Manufacturer, Made To Measure Raincoats and gabardines, has unusual hustlers proposition. $75 weekly easy. Outfit free. Standard Raincoat, 367 Sixth Ave., New York.

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Are You Old At Forty? See Our Advertisement on page 13 of this issue. The Electro Thermal Company, 1105 Morris Ave., Steubenville, Ohio.

Sufferers Of Heart Trouble. Angina Pectoris, Cardiac Asthma, High Blood Pressure, Hardened Arteries, I will gladly advise you how to get quick and lasting relief without drugs. Address: R. V. Walden, P. O. Box 1346, New Haven, Conn.

Natural Way Relief For Prostatic Troubles.—No apparatus—no drugs. My patients use it very successfully. Full instructions $2.00. Dr. H. A. Stockdale, 412 Panama Bldg., Portland, Oregon.

Tremendous Wealth, Abundant Health And Unlimited happiness taught in psychology. Private lessons. G. Anderson, Box 1244, Phoenix, Ariz.

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Read these little ads. One will probably fill your needs. It may mean more income and greater happiness for you. Do it NOW!

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Story Ideas Wanted For Photoplays, Magazines. Big Demand. Accepted any form for revision, development and submission to markets. Estab. 1917. Send manuscripts for free criticism. Booklet mailed on request. Universal Scenario Company, 412 Western & Santa Monica Bldg., Hollywood, Calif.

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Sell By Mail! Books, Novelties, Bargains! Large profits! Particulars Free. K. Elfco, 525 South Dearborn, Chicago.

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Work For "Uncle Sam." Steady Jobs. $95.00 To $275.00 month. Men—women, 18-50. Paid vacations. Sample examination coaching and list positions free. Write immediately. Franklin Institute, Dept. C49, Rochester, N. Y.

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OF INTEREST TO WOMEN

$6, $18 A Dozen Decorating Pillow Tops At Home, experience unnecessary, particulars for stamp. Tapestry Paint Co., 109 La Grange, Ind.

(Continued on page 8)

Worth Money to Ruptured!

Send New FREE BOOK and Amazing FREE SAMPLE of AIRTEX Without Obligation

Name.....

Address.....

City.....State.....

Mail this coupon to New Science Institute, 1148 Clay Street, Steubenville, Ohio

Here is an amazing offer to victims of rupture—an offer that has proved to be worth hundreds of dollars to many who have accepted it. Yet it costs you nothing.

A famous rupture specialist with a record of more than 20,000 cases will send you free of cost a newly-edited book that contains amazing new discoveries about rupture relief . . . case histories galore . . . illustrated in detail. A few of the facts contained in this free book are given below. But do this right now. Tear out the coupon at the right and send for this unusual book!

Can Rupture Be Exercised Away? Get Newest Book Now FREE to Ruptured

"IT was twenty years ago when I first got ruptured. Today I consider myself entirely cured. Your system is nothing short of marvelous." John Miller, Jr. "Some months ago I ordered your outfit for the treatment of rupture of my son. Our doctor fitted it on him and he was skeptical it would help cure the condition, for it was one of the worst ruptures he had ever seen. Five months later I took the boy back to the doctor. He examined him and pronounced the rupture completely healed." D. E. Lytle, Orrville, Ohio.

These are but two of many astounding letters received from people, many of whom had despaired of obtaining relief from the torture and agony of rupture.

Never Before a FREE SAMPLE Like This

Not a Truss

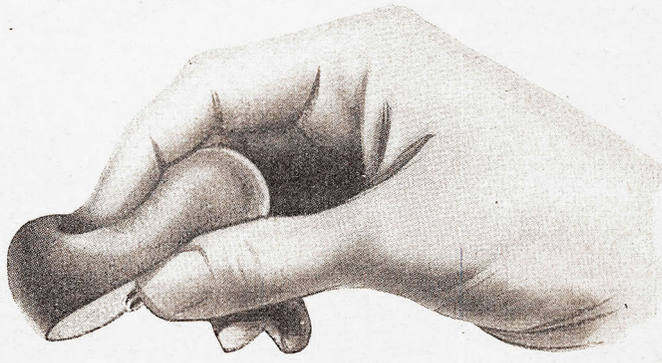
What is this wonderful device that has made thousands feel again the joy of living a full life? It is not a truss like men wore in the days of Lincoln. It has no steel springs, no leg straps, no bulky cushions. It can never slip off the rupture. Wearing it, you can still cough, run, jump, bend or sleep in any position. In fact many are able to work every day—exercise as much as they desire—probably we should say truthfully actually EXERCISING RUPTURE AWAY!

Imagine a simple little device weighing less than a feather—little larger than a quarter—that rests firmly against the rupture without the need of strapping tightly. Think of a flesh-soft pad that yields with the slightest movement of your body—filled with millions of air cells that breathe fresh, cool air into the spot around the rupture. And all the while blood circulation is more free and more unhampered. Thus nature is allowed to knit new tissues together so that rupture often disappears completely without a trace remaining—in unbelievable time.

Now or Never

Be fair to yourself. Get the complete facts about Magic Dot and the offer that permits you to feel this marvelous relief, before you decide to buy. Don't go through life in constant pain. Relief from rupture is certainly worth the 2c stamp it costs you to send the coupon above. Send it—not tomorrow or next week—but NOW!

New Science Institute
1148 Clay Street, Steubenville, Ohio



(*Continued from page 6*)

MISCELLANEOUS

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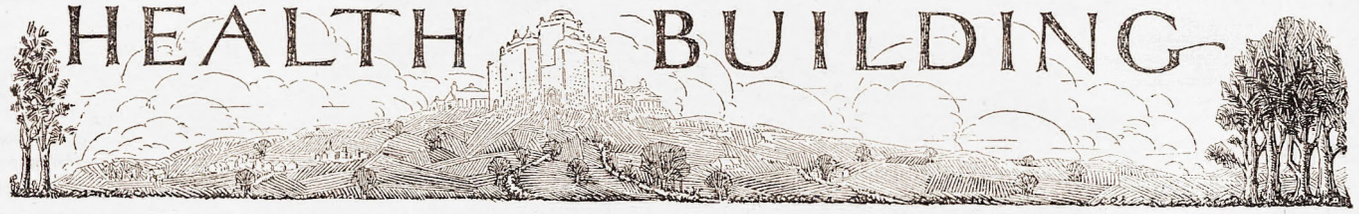

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Where 50,000 Sufferers Have Found Relief. Come to Lindlahr Sanitarium at Beautiful Elmhurst, Ill., where 23 years' experience and a great record of healing achievement promise you relief and renewed health. A great diagnostic department—physical, X-ray, fluoroscopic, microscopic, Iridiagnosis, urinalysis, blood-chemistry, all other modern methods. Individualized diets. All manipulative treatments, homeopathy, herbals, actinic ray, diathermy, auto-condensation, all the latest forms of electrotherapy. Unique combination of methods. Most complete equipment in America. World-wide reputation based on success in treating cases of chronic disease called hopeless by others. Write today for fascinating Free Literature. Lindlahr Sanitarium. Information Dept., 162 N. State St., Chicago, Ill.

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Elmfield Health Institute, Kingston, N. Y. We use Physical Culture Principles, and teach Health Laws. We clean up and build up the body. Baths, Massages, Gymnastics, Light and "Alpin Sun." Scientific diet. Rest cure with milk cure removes autotoxins, restores tired nerves, and brings health and strength. Write for particulars.

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Annie Farmer Health Home, 205 Castillo Ave., San Antonio, Tex. Drugless Therapy Sanitarium, Diet, Fasting and Baths scientifically administered.

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The Van Valen Sanatorium, Yonkers, N. Y. Marvelous cures are made here in Mental, Nervous, Functional Diseases and Addiction. Psycho-Therapeutic Treatment.

Pittsburgh Health School—Nature Rules Supreme. Toxemic Elimination—Corrective Eating, Natural Treatments, Tilden Method. Recreation Farm, 44 acres, 9,000 pine trees. Near Washington, Pa. Moderate Rates. Dr. Louis M. Crandall, 5855 Darlington Road.

For A Healthy Vacation. Tallwood Lodge—Over 2500 acres of pine woods. Water sports, sun parks, saddle horses, exercises, games—All food with complete vitamine and mineral contents. Booklet. Reilly 1908, Broadway, N. Y. City.

Dr. B. Lust's Health Resorts, "Youngborn," Butler, New Jersey, and "Tangerine," Florida. Nature Cure. Diet, Hydropathy, Sun and Air Baths, Blood-Washing, Fasting, etc. Established 32 years.

Wilderness Heights, Olalla, Wash., Under The direction of Dr. Linda Burfield Hazzard, author of "Fasting for the Cure of Disease." Systematic Cleansing, Corrective Dieting, and the Fast. Near Seattle on Puget Sound. Terms on application.

The Lask Sanatorium, 2846 Randall Ave., Throgg's Neck, Bronx, N. Y. Underhill 2528. Asthma, constipation, rheumatism, mental and other chronic diseases have been successfully treated by natural methods. Regular M. D. in charge.

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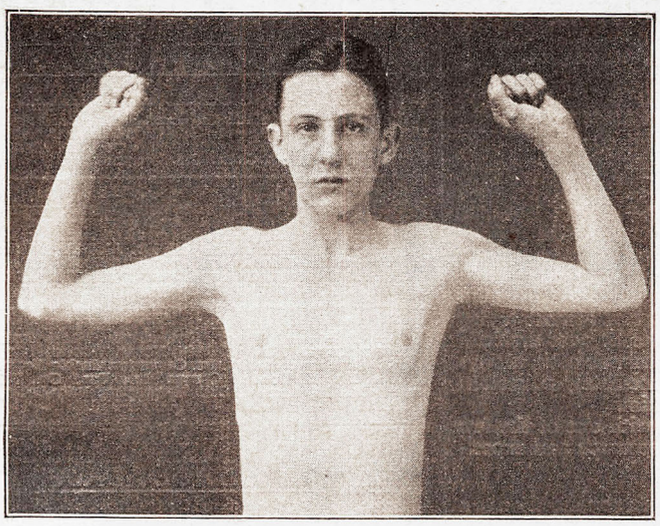
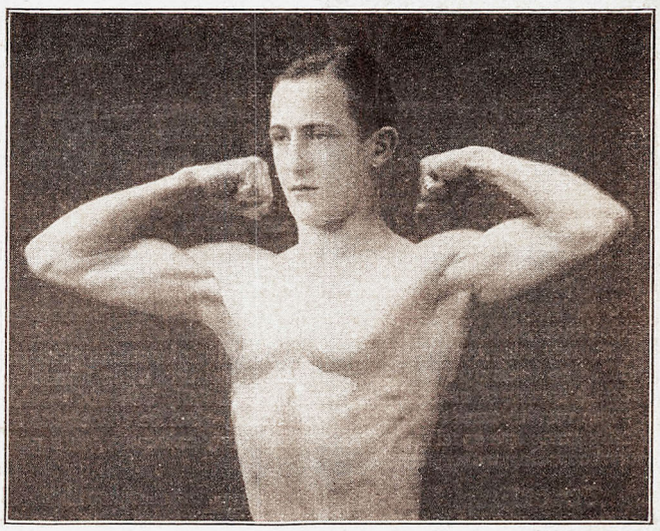
(*Continued on page 10*)



BEFORE Did you ever see a more sickly, pepless looking lad? Just a short time ago he looked like a living skeleton; he hardly had a muscle on his body. He was weak, listless, and thoroughly run down. Then he wrote for the Titus book.



AFTER NOW look! This picture shows what happened when Titus took this boy in hand. In almost no time he covered his puny frame with big, powerful muscles. He made him a REAL MAN. Mail the coupon for the big FREE BOOK that tells HOW.

WOW! SEE YOUR Muscles GROW!

TAKE a look at those two pictures above. Then keep your eyes on your own muscles—because, boy, they're going to GROW! Yes sir, you're going to see things happen. You're going to see beautiful, big muscles fill out all over your body. You're going to see your biceps develop into massive knobs of lithe muscle that rise and fall like the waves of the sea when you flex your arms. Your shoulders are going to broaden, your chest will deepen. Every day you're going to get bigger, brawnier, stronger. Does it sound too good to be true? Shoot along the coupon below and get the FACTS. Read about MIRACLES IN MUSCLE. My wonderful book will open your eyes—and it's yours FREE.

Titus Training has changed thousands of men from weaklings into GIANTS. Now it's YOUR turn. Inside of thirty days I'm going to re-build you inside and out. I'm going to wrap you from head to foot in great, tough layers of solid muscle. And man, the POWER in those muscles! You'll be amazed at your own strength.

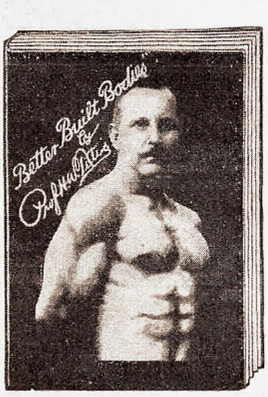
Mail this Coupon TO-NIGHT!

In 30 Days I'll Put You Into Championship Form

Only Titus can give you that wonderful quality of MUSCLE CONCENTRATION that doubles and trebles your strength almost overnight. It's MUSCLE CONCENTRATION that makes CHAMPIONS. Say! You'll think your muscles are loaded with T-N-T when they flash into action with the terrific, crashing power of a thunderbolt! Just give me a few minutes a day in your own home, and watch results!

Wear This Medal

Strong men all over the world wear it. Made of solid statuary bronze and given to you free. Mail the coupon for full details.



FREE

Amazing Book, "Miracles in Muscle"

Tear off that coupon! Mail it today! It will bring you FREE the greatest book you've ever seen—a book filled with astounding photographs of men rebuilt—a book packed full of Titus's own secrets of making muscles GROW. No cost or obligation—just rush the coupon to Dept. K-126.

TITUS, Dept. K-126,
105 E. 13th St., New York, N. Y.

Dear Titus. Sure I'd like to have your book. Send it free.

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The One and Only TITUS 105 E. 13th St. New York City

Why Wear Glasses!

Do you wear glasses? Do you want to discard them? Do you want clearer, stronger vision? Thousands are throwing their glasses away. WHY DON'T YOU?

GLASSES are only eye crutches. They simply bolster up the eyes—they cannot cure or eliminate the conditions responsible for the trouble. They are useful just as crutches are useful for an injured leg, but they can no more restore your eyes to their former strength than crutches can mend a broken limb. The real help must come from other sources. In the case of the eyes it is exercise.

Over 20 years ago Bernarr Macfadden, father of Physical Culture, had a most trying experience with his eyes. Due to many nights of hard literary work under poor artificial light, they became terribly strained. The idea of wearing glasses was intolerable, so, always willing to back up his theories by experimenting upon himself, he immediately started in upon a course of natural treatment that he fully believed would help him.

The results were so entirely satisfactory that he associated himself with one of the few really great eye specialists and together they entered upon a period of research and experiment covering many years.

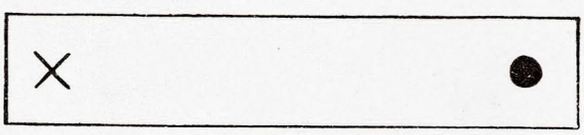
A Startling Revolutionary System of Eye Training

Upon their findings has been based a remarkable new scientific system of eye-training which quickly enables you to train these muscles of the eye so that you can make them work properly at all times, and without effort or strain. This new system has been prepared by Bernarr Macfadden, in collaboration with the eminent ophthalmologist who discovered the real truth about eyes.

Although this remarkable system has only recently been introduced to the public, it has been in use for more than twenty years, and it has been conclusively proven of inestimable value.

If you already wear glasses, find out how you can discard your glasses—and see better without them. If you do not wear glasses, but feel that your sight is failing, then find out how a few minutes each day assures you perfect sight without the use of glasses. If you are a parent, send at once for this method, and learn how to save your children from the scourge of near-sightedness, how you can save them from the slavery of eye-glasses, and how you can train their eyes so they will always have perfect, normal vision.

over 2,000 children to regain normal vision in a short time. Your eyesight is your most important possession. It can never be replaced if it is lost. And since no amount of money could make you sacrifice your eyes, you owe it to yourself at least to investigate what this new scientific method can do for you.



Make This Test of Your Eyesight

Do you know that there is a spot in your eye where you are totally blind? Prove it now. Hold this diagram about 10 inches directly before you. Close the left eye, and fix the right eye on the cross. Then bring the diagram gradually closer and about at 7 inches the black spot will suddenly disappear. This is but one of the important points of information about your eyes which you should know, particularly if you have any eye trouble.

For What Price Would You Sell Your Eyes?

The benefits which you can derive from this new method of eye training may seem too surprising to be true. Yet you cannot doubt its efficacy when you read the letters from the people who have found it of immeasurable value, when you know that it has helped

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Macfadden Building,
1926 Broadway, N. Y. C.

Entirely at your risk, you may send me your course of Eye Exercises. Upon receipt I will pay the postman $3.00, plus delivery charges.

It is understood if after trying the course for five days I decide not to keep it you will immediately refund my money upon return of the course.

Name.....
Print name and address

Street.....

City.....State.....
Canadian and foreign orders—Cash in advance

Here is a man who writes: "Strengthening the Eyes has enabled me to completely forget the optician. It has practically cured a bad case of astigmatism."

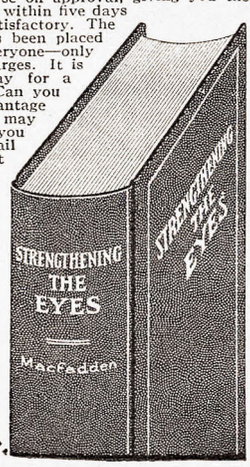
And here is another who says: "By faithfully following the directions given in your Eye Course I have discarded glasses worn for years, and have had absolutely no trouble for the past two years."

Another grateful reader of this helpful book writes: "I had been wearing glasses since I was eight years of age and could not go a day without them. I am now twenty-four and with just a little effort in practicing the Eye Exercises each day for a period of two months I have been able to stop wearing glasses entirely."

These inspiring results bring a message of hope to everyone who is troubled with weak eyes or poor sight. There is hardly any condition that is beyond the reach of Bernarr Macfadden's revolutionizing method of eye training. Even the hopeless cases, as shown in the letters reproduced here, respond with almost unbelievable results to the treatment outlined by the noted physical culturist.

You Can Try This Course At Our Risk

We want every reader of this publication afflicted with eye-trouble to examine Mr. Macfadden's wonderful course and try the eye exercises that it prescribes. In order to bring this about we are willing to send the entire course on approval, giving you the privilege of returning it within five days after receipt if not satisfactory. The price of the course has been placed within the means of everyone—only $3.00, plus delivery charges. It is less than you would pay for a single pair of glasses. Can you afford not to take advantage of this offer and all it may mean to you? Not if you value strong eyes. So mail the coupon now, before it slips your mind, and you will never have to wear glasses again.



Mail This Coupon Today

(*Continued from page 8*)

PURE FOOD PRODUCTS

Growers' And Packers' California Sundried Fruits and nuts direct to consumer. Genuine wholewheat breads and crackers. Original Health Food Store, 1126 Market Street, San Francisco, Calif. Send for price list.

Send For Free Sample "Cero"—New Perfect Coffee Substitute. Though made from grains and fruits, tastes like real coffee. Great food value yet none of coffee's harm. Used by thousands and in world-famous Sanitarium. Send for sample and Dr. Lindlahr's "Diet Guide"—or send $1 for 2 pounds postage prepaid. Agents wanted—real money-making terms. Lindlahr Sanitarium, Supply Dept., 525 S. Ashland Blvd., Chicago.

Carque's California Unsulphured Dried Fruits, Nuts, Nut Butters, Honey, Confections, Whole Grain Products; Largest Line of Health Foods, Wholesale and Retail. Send ten cents for Mrs. Carque's valuable Recipe Book of Natural Foods. Carque Pure Food Co., 727 Seward St., Los Angeles, Cal. Descriptive Price-list on request.

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Don't Starve; Feed, Improve Ambition, Brain power, complexion, personality, attractiveness. Gain health friends, prosperity. Eradicate disease by correct feeding; nerve exhaustion, neuritis, rheumatism, headaches, heart weakness, poor circulation, depression fear, indigestion, constipation, colds, catarrh, congestions, sex troubles, impotence, regulate weight, etc. Educational booklet, 10 cents coin. Vital Diet, 5, 811 North Fourth Street, Camden, New Jersey.

Constipation Mastered. Results Assured. Drugless. Full instructions $1.00. Dr. C. Worth, Box 46, Washington, D. C.

Greatest Health Offer Ever Made—Year's Dietcourse and urinalysis both for $15.00. Cheapest urinalysis you can get. Diet prescribed for you individually. Backed by famous institution. Send for free booklet. Lindlahr Sanitarium Laboratory, 162 North State Street, Chicago.

BOOKS on HEALTH

Private Advice. Men Only. Plain Facts On Life, love, marriage, etc. Secrets of strength, health, happiness, revealed. New, illustrated book 10c. National Booksellers, Owosso, Mich.

Disease—Its Cause And Prevention. Correct Living and eating. Valuable booklet with wonderful information and chart of human Anatomy free.—Dr. Frank Haynes, 128 N. 82nd, Seattle, Washn.

Books, Osteopathy, Chiropractic, Naturopathic, sex, etc. For drugless practitioners. Circular sent. Murray Publishers, Elgin, Illinois.

"Breath Power" $10 Course $1.00. Human Creative Forces $1.00. Color Science $1.00. Three books $2.00. Stevens Publishers, 242 Powell, San Francisco, California.

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Best Assorted Stock Of Real Health Foods, Herbs and books on health. Kubie's Health Shoppe, 75 Greenwich Ave. (at 7th Ave. & 11th St.) New York City.

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Wangum Lodge Sanitarium, Wethersfield, Conn., most modern Medico-Physical Health Building Staff and Equipment for the tired, run-down business people. Within eight miles of Hartford, Conn.

PHYSICAL CULTURE
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Dept. 4, 1926 Broadway, New York City.

Gentlemen:
Please insert the attached advertisement of.....words in the classified columns of your next issue. Enclosed find remittance of $..... at $.35 a word.

Name.....

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What Do Women Want Most?

Women want he-men for their husbands and sweethearts. None of this chorus-man stuff for the real girl. She wants to be proud of his physical make-up; proud of his figure in a bathing suit. She knows that it's the fellow that is full of pep and vitality that gets ahead in this world. He's got the physical backbone to back-up the mental decisions he makes. He'll win out every time.

Look Yourself Over!

How do you shape up? Are you giving yourself a square deal? Have you got those big rolling muscles that mean health and strength inside and out? The vitality that gives you the ambition to win out at everything you start? Make that girl admire you first and foremost for a real he-man and the hardest part in winning her is over.

I Can Give It To You in 30 Days

In 30 days I can do you over so that she will hardly know you. I'll put a whole inch of solid muscle on each arm in 30 days, and two whole inches of rippling strength across your chest. I've done it for over a hundred thousand others, and I can do it for you. I don't care how weak and puny you are. I like to get them weak and puny, because it's the hopeless cases that I work with best. It gives me a lot of real joy just to see them develop and the surprised look in their eyes when they step before the mirror at the end of 30 days and see what a miracle I have worked for them.

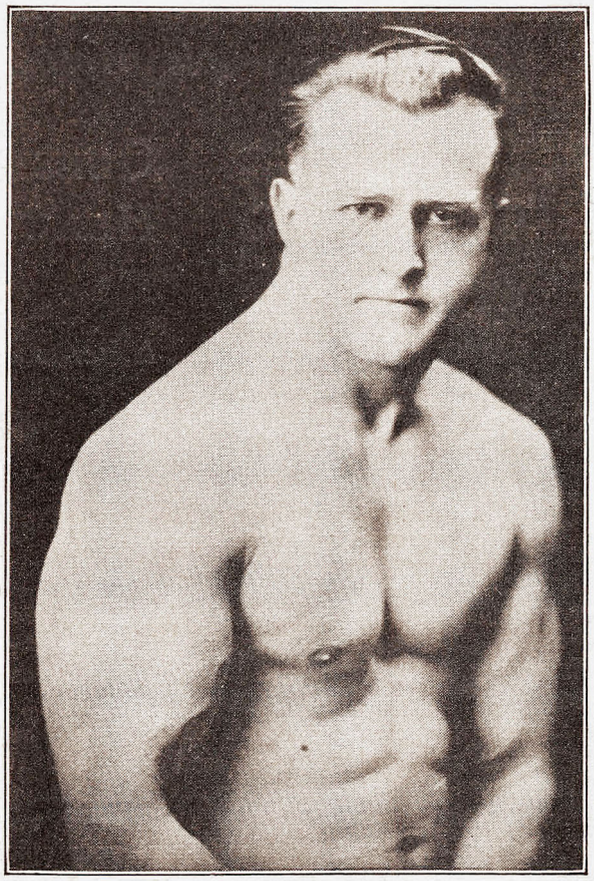
You'll Be a He-Man From Now On!

And it's no temporary layer of muscle I put on you. It's there to stay! With those newly broadened shoulders; that perfect neck and great, manly chest, you can maintain your self respect in any society. Every woman will know that you are what every man should be—a forceful, red-blooded he-man.

If at the end of 30 days you think you have improved, wait till you see yourself at the end of 90 days. Then the friends you thought were strong will seem like children by comparison. I'm not called the Muscle Builder for nothing. My system scientifically builds real muscle faster than you ever imagined.

Notice how every woman prefers the fellow who carries himself with head up. Notice how the broad shouldered man always gets their eye. They want a dependable he-man when they make their choice—one who can protect them. *And you can be that man.* Remember, I not only promise it. I GUARANTEE IT.

Now don't put it off a minute. Get going to new happiness an real manhood today.

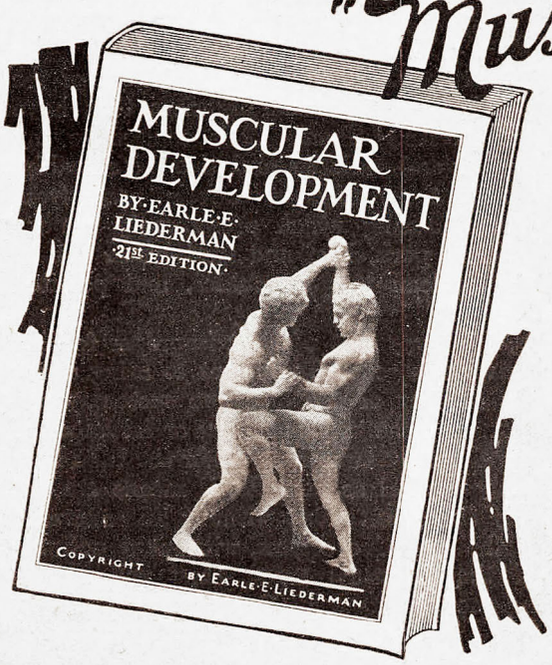


EARLE E. LIEDERMAN, the Muscle Builder
Author of "Muscle Building", "Science of Wrestling", "Secrets of Strength", "Here's Health", "Endurance", Etc.

Send For My New 64 Page Book "Muscular Development"

IT IS FREE

It contains forty-eight full-page photographs of myself and some of the many prize-winning pupils I have trained. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. This will not obligate you at all, but, for the sake of your future health and happiness, do not put it off. Send today—right now, before you turn this page.



EARLE E. LIEDERMAN
Dept. 87 305 Broadway, New York City

IT IS FREE

DON'T SEND ONE PENNY

YOUR NAME AND ADDRESS ON A POSTAL WILL DO

EARLE E. LIEDERMAN,
Dept. 87, 305 Broadway,
New York City.

Dear Sir: Please send me, absolutely free and without any obligation on my part whatever, a copy of your latest book, "Muscular Development."
(Please write or print plainly.)

Name.....

Address.....

City..... State.....

How to Get Rid of Tapeworms

¶ *Bad Eating Habits Cause Them—This Simple Method Will Cure Them*

Questions from Health Seekers

Conducted By

A Personal and Confidential Associate

of

Bernarr Macfadden

QUESTION: I have had nervous and digestive troubles that have resisted treatments which should have quieted them or corrected them, and now I have been told that in all probability I have worms; that is, tapeworms. I have had the opinion that much of the idea about worms was rather fantastic. In fact, a doctor once told me that we hear a great deal more about worms than we see of them, for they are uncommon. I have an aunt who really did have worms, and when they were gotten rid of she felt a great deal better in every way. But I have a boy of ten who took treatment for worms that were said positively to be present, and to cause his chorea and stomach symptoms, but not a trace of worms was found. The boy got better only as his diet was changed and bettered. So I hesitate to take the worm treatment, and want your opinion as to the possibility of my having worms (I am a man forty-five years old); also your opinion as to safe and reliable treatment in case I do have worms.—F. G. L.

ANSWER: Don't let any one convince you that there are no such things as intestinal worms or that they are uncommon. I do not say you cannot allow them to convince you that *you* haven't worms, for of course it is impossible for me to say whether or not you have. It certainly is possible, however, for one of your age, or of any older or younger age, for that matter, to have tapeworms. But it certainly is not medical (or other) wisdom to make a diagnosis of worms merely because certain symptoms sometimes caused by worms resist so-called "specific" treatment when that treatment is strictly medical. "Specific" treatment is one of the unworthy ideas and aims of a really great profession, for such treatment precludes the idea of taking into account the entire individual, which is absolutely necessary if most disorders of the human body are to be corrected. That is, the *individual* must be "treated"—though that is a very misleading word. But this perhaps is beside the point.

I have a cousin who today is a cripple because of tapeworms she had for years before their presence was even thought of by numerous doctors and specialists who nevertheless took their thousands of dollars in unearned fees. An almost unrecognized country doctor, perhaps in one of his almost continuous moments of accelerated cerebration and increased vision produced by the cup that coaches confidence, diagnosed tapeworm immediately upon sight of the girl. One of the longest tapeworms ever recorded in medical literature up to that time was expelled by his simple treatment, though not until too late for the girl to become perfectly normal again. She did make remarkable strides toward perfect health, however, as soon as she was free from the parasite that not only lived upon her but poisoned her with its toxins—a case of "biting the hand that fed it."

The subject of worms is a very unpleasant one, and that is why many people never discuss it or think about it. But certainly worms are a great deal worse to have than to talk about. Even the people who have them are not so scrupulous about their eating as they are about their thought or words, or they are not so scrupulous about what they give their children to eat. For there never will be any worms to inhabit an intestinal tract and produce numerous symptoms if the food and diet are correct. Tapeworms do not originate from spontaneous generation, though they once were thought to do so. They come from pre-existing life—they do not simply happen, as Topsy is supposed to have done.

IT is not at all necessary to give descriptions of the various kinds of worms and parasites that have inhabited the intestinal tract. It is enough to say that there are several varieties and that presumably, in fact evidently, these different varieties come from different sources, among which prominently are insufficiently cooked pork, beef and fresh-water fish of certain kinds, unclean raw vegetables, and polluted water.

Personally, I believe that without improper feeding and improper food in general, sufficient to bring about indigestion or debility of the digestive system, there will be no worms. The worms in egg or larval stage may enter the digestive tube even when the tube is as nearly perfectly normal as possible, if means are not taken to keep them out. But without an enervated condition of the digestive organs, without a polluted condition of the intestinal tract, they will not be retained long enough to get a (*Continued on page* 125)

Good-bye "After 40" Dread!

Thousands of Men Praise New Gland Stimulation. Report Amazing Relief in Prostate Disorder—Bladder Trouble and Other Painful Conditions

IN America, Europe, Australia, all over the world, men around and beyond the "40-Mark" are now frankly discussing an ailment long considered taboo. For the costly toll in mental and physical suffering exacted by prostatic disorder is now an admitted scientific fact. Yet so insidious is this condition that it can often be recognized only through such symptoms as aches in feet and legs, sciatic and rheumatic pains, disturbed sleep, nervousness, etc. Only too often it is confused with bladder and kidney trouble. But now to their delight and astonishment, thousands and tens of thousands of men have been shown a new drugless method, without diets, books or exercises, of stimulating and often healing the little gland that is at the root of this misery.

Wonderful Advantage Over Massage

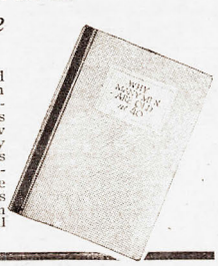
This new method of drugless therapy, already in world-wide use, is the discovery of an American scientist, a member of four prominent scientific societies. It is not a course of instruction. It is simply a remarkable new method of applying stimulating forces directly in the area of the prostate and thus helping nature to heal in a manner in accord with modern, ethical medical practice. It affords wonderful advantages over the periodic "massage." Used daily and privately in your own home, beneficial results often are apparent literally overnight.

Approved By Specialists

Not only has this new method been recommended to and used by lawyers, statesmen, educators and well known men in other walks of life—but is being appropriated by some physicians themselves, even for their own personal use. A retired New York physician writes, "Your prostatic treatment is a hundred years ahead of modern medicine, a thousand years ahead of the surgeon's knife." The Lindlahr Sanitarium, nationally famous, says, "In our 20 years of treating 'hopeless' cases, we have found nothing that more promptly and effectively brings the power of nature to the aid of a disordered prostate. We used it, and recommend it for home use whenever prostate disorder is indicated." Most amazing of all, this natural method often clears up the distressing symptoms of prostatic disorder in six days, sometimes less—also in many cases it quickly routs piles and constipation and is so guaranteed. It is now offered to all sufferers under the liberal contract, *feel ten years younger in 6 days or no cost.*

SENT FREE

This Remarkable Book!



The scientist who perfected this new hygienic method in collaboration with other scientists has gathered the facts about his discovery and now offers them in an intensely interesting book. Vital facts about the male glands in relation to old age and disease are included. This book is now sent without charge upon written request. Simply mail the blank below.

Get the Truth. No Obligation

Whether you are approaching 40 or beyond 80, if any of the symptoms mentioned here distress you, simply write your name and address in the blank below. Under plain wrapper you will receive valuable facts about old age and complete information about the new treatment that has brought new vitality, renewed "pep" and mental freedom to thousands. Today is none too soon to know the truth, without obligation.

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If you live West of the Rockies, mail your inquiry to
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LOS ANGELES, CALIF.

Electro Thermal Co.,
1105 Morris Ave., Steubenville, Ohio.

Please send me in plain wrapper without obligation a copy of "Why Many Men are Old at 40," which I understand is mine to keep FREE. Also details of the new treatment.

Name_____

Address_____

City_____ State_____

Here is the real truth about the sex question!

THIS is an age of plain thinking and frank speech. No longer can a big, vital problem like the sex question be hidden away as a thing to be ashamed of. People are demanding the truth about these things.

And so Bernarr Macfadden has lifted the veil. He has told the truth about mankind's most vital problem in a frank, straight-from-the-shoulder style that will appeal to every man who reads his remarkable book.

MEN—

Read these chapter headings!

1—The Importance of Virility
2—Am I a Complete Man?
3—Is Marriage a Necessity?
4—The Age to Marry
5—Selecting a Wife
6—Love Making and Its Dangers
7—Establishing the Intimate Relations of Marriage
8—Marital Mistakes and Excesses
9—Regulating Marital Intimacies
10—Should Husband and Wife Occupy Separate Beds?
11—Conserving Love—The Basis of Marital Happiness
12—Should Husbands be Present at Childbirth?
13—Are Children Always Desirable?
14—The Crime of Abortion
15—Divorce Physiologically Considered
16—Can a Wrecked Marriage Be Reclaimed?
17—The Erring Wife
18—Jealousy—the Green-Eyed Monster
19—Quarreling and Making Up
20—Sowing Wild Oats
21—How Virility is Destroyed
22—The Truth About Masturbation
23—Seminal Losses
24—The Plain Facts About Varicocele
25—The Troublesome Prostate Gland
26—Impotence and Allied Sexual Weaknesses
27—Sterility
28—How to Build Virility
29—Exercises for Building Virility
30—Foods that Help to Build Virile Stamina
31—Diseases of Men — Their Home Treatment
32—The Prevention of Venereal Disease
33—Various Problems of Young Men

MANHOOD and MARRIAGE

by Bernarr Macfadden

THIS book is a fearless, ringing challenge to prudery and ignorance. It contains the fruits of Bernarr Macfadden's life long study of one of the biggest problems confronting the young manhood of the world. In writing it he has dared condemnation to tell people what they really needed to know about themselves.

He has had to surmount extraordinary difficulties in the preparation of the book. Many of the topics discussed had never before appeared in a book intended for popular consumption.

But the truth is mighty! It can neither be ignored nor suppressed. There was an overwhelming need and demand for a fearless, plain speaking book on sexology. The wall of ignorance that was wrecking millions of lives must be broken down.

The book was written, published and placed on sale. Today in tens of thousands of homes this great work is one of the chief factors in promoting health, strength and happiness.

The Author's Message

"Manhood of a superior degree is of truly extraordinary value. It is an asset beyond price. Thousands of young men, and those that are not young, can be wonderfully benefited by carefully following the instructions to be found in the pages of this volume. May it go out and carry its important truths to every human soul struggling for the light so sorely needed amid the pitfalls of life's pathway."

Bernarr Macfadden

A book that solves the vital problems of men

"MANHOOD AND MARRIAGE" enters the sanctuary of the most sacred phases of your inner life. It grips you with suggestions that are personal and confidential. It furnishes definite and practical information on vital subjects, pure in themselves, that are frequently surrounded with vulgar mystery.

The problems of men frequently assume tremendous importance. They often become the source of worries that ultimately assume a tragical nature. And the need for the answer to the query, "What shall I do?" often grips the victim with terrifying intensity. It is well, therefore, that conditions and problems of this sort should be clearly and emphatically presented, for the outcome may mean success or failure, health or disease, or even life or death.

This book solves practically and definitely some of the most tremendously vital problems that confront the manhood of today. It talks plainly. It conveys invaluable body-developing, mind and moral-building, life-saving truth. It will enlighten you as no other book has ever done on these important vital topics. It goes right at the "heart" of the needs of men of today. Whether married or single, you will find this book a proverbial gold mine in information that is needed every day of your life.

All the material secured by the author through more than a quarter century of careful study and experimenting is found in the pages of this new book.

Send no money—just the coupon!

THIS remarkable book, so new in scope, so fresh in viewpoint, is crammed full of information neglected by old-fashioned sex hygiene. And so convinced are we of its almost priceless value, so sincerely do we feel that it should be in the hands of every man, that we offer to send it to you on approval.

Send no money. Just fill out the coupon and mail it and the book will be shipped promptly. When it comes, deposit the price of the book, plus delivery charges, with the postman. Then take five days to examine it thoroughly. If at the end of that time you are not entirely satisfied with it in every way—if you are not ready to agree that the book is worth ten times its cost—just send it back to us and your money will be refunded immediately without question.

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1926 Broadway, N. Y. City

Please send me a copy of "Manhood and Marriage" under plain cover and I will pay the postman $3.00 plus delivery charges, upon receipt. If I do not feel that the book is worth much more than the price charged it is understood that I may return it in perfect condition within five days after I receive it and my money will be refunded immediately and without question.

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Cleopatra, disguised and veiled, steals out at night with Antony, to participate in the street revels of Alexandria.

"Every moment spent together created new dreams; each desire gratified gave birth to a new desire."

Now You Can Know The Real Flesh *and* Blood *Cleopatra!*

The Intimate Secrets of the Life And Loves of the Most Fascinating Woman in History . . . Translated into English from Claude Ferval's Original French Version.

THE heroine of song, play and legend—few people really know Cleopatra, the woman. In not knowing her they miss acquaintance with one of the most enchanting persons that ever lived. For here in one spirit and body was contained in the most intense degree all the elements that make any woman alluring, admired, loved or hated.

You may think of Cleopatra as a woman of vice. Thus she has been branded by many because of her most commonly recorded deeds. But the real living, breathing Cleopatra cannot be described by a single phrase or even a page. You can really know her now as surely as if she were a real acquaintance after you have read the inspired work, the story of her true life, by the French author, Claude Ferval.

Secrets Hidden by Ten Centuries of Mystery—Now Revealed

This wonderful story of her private life pieced together after years of work in gathering information from hundreds of sources, is not a book for prudish minds, but it will be worth reading many times by persons who understand and appreciate human nature.

You will know first of all Cleopatra, the girl—seventeen years old. A girl of shining auburn hair and languorous eyes—hands that were soft—a sweet breath—a slender seductive body—a voice low and musical, trained to converse in seven languages. An enchantress — yes — yet charming men with only the attributes that are eternally feminine—transforming the dullness of everyday life to an atmosphere of rose and gold.

Caesar, Antony, Herod, Octavius fall within the magic power of her wonderful mind—Step by step you see her public career unfold—events that made world history. But at the same time, you will be glancing at the more significant happenings "behind scenes" in the bedchamber, boudoir and private rooms of the girl queen. In one instance, for example, the author tells how she slipped away from her court in disguise to spend whole days and nights in the district of Alexandria where mysterious orgies were held behind closed doors. This and similar incidents might condemn Cleopatra under the moral standards of today. Yet, when the complete story is told, when you have learned of her true love for one man, you may feel that she typified the most admirable characteristics possible to woman. For this love, she flung away everything. Her devotion, her unstinted surrender to the man she loved constitutes one of the most appealing stories of romance ever written in the pages of fact or fiction.

Do You Know

—that Cleopatra was married in succession to her two brothers

—that Caesar was the father of her two children, and Antony the father of another

—That despite her absorption in affaires d'amour, she was an amazingly intelligent and well-informed administrator of her empire

—that Cleopatra was the real cause of Caesar's downfall

YOU WILL NEVER FORGET FERVAL'S "CLEOPATRA"! Here is history in its most enjoyable form. Here is the story of a woman who exerted profound influence on the affairs of the world and has lived in the hearts of the people of all nations for countless generations. Here is a book that deserves a place in your library beside the classics.

Send No Money Mail Coupon

So remarkable has been the reception of this book in America that the Franklin Publishing Company will send it to you for free examination. If you do not feel that it is one of the most interesting books you have ever read, you are not obliged to pay a cent for it. The book is beautifully covered in artistic buckram. The type is large and printed on fine book paper. Three hundred and twenty glowing pages!

Simply mail the coupon below. Send no money. "Cleopatra" will be mailed you, and when the package arrives, pay your postman $1.98, plus a few cents postage. Read it for five days. Then, if not thoroughly delighted, your money will be refunded without question. Act now in order to secure a volume of the present edition which is being sold at this low price in order to introduce it to American readers.

FRANKLIN PUBLISHING COMPANY

Dept. E-60, 800 N. Clark St., Chicago, Ill.

Franklin Publishing Co., Dept. E-60, 800 N. Clark St., Chicago, Ill. **C.L.**

Please send me a copy of "Cleopatra", translated from Claude Ferval's original French version. When package arrives I will pay the postman $1.98 plus postage. If not thoroughly satisfied, I reserve the right to return it after five days' reading, and you are to refund my deposit in full without question.

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We will pay postage if $2 is enclosed with coupon—$2.50 outside U. S. A.

The Fast Can Restore Health Where Everything Else Has Failed

Once Understood, the Theory of the Fast Appeals So Strongly to Your Common Sense That You Are Not Surprised at the Almost Unbelievable Results It Has Accomplished

WHEN food enters your stomach it must be digested. The process of digestion occupies, for several hours, the entire attention of a large part of your blood supply.

Nature fights disease or weakness in your body through the medium of your blood. Blood is your army of protection. When not occupied otherwise it gives its time and attention to fighting disease, killing off obnoxious germs, expelling foreign matter, removing dead cells—in a word to freeing the body of *everything* detrimental to perfect health.

But if practically your entire fighting force is called away to lunch every six hours or so, leaving your front line trenches empty, your artillery without gunners, your aeroplanes without pilots, it is to be expected that the enemy will make marked progress during their absence.

And don't forget this—every time you fill your stomach with food you create exactly the situation described above.

As compared with human beings there is almost no chronic functional disease among animals in the natural state.

When a horse is sick he "gets off his feed." Natural instinct tells him to fast and he obeys. Not another mouthful does he eat until natural hunger returns. And natural hunger returns only when health is restored.

Man no longer recognizes instinct in matters affecting health. Instinct has been replaced by reason and reason is often wrong. Humanity has departed from the ways of nature and is paying a terrible price in sickness, misery, disease and death.

Nature is inexorable to those who break her laws but she is not vindictive. Even in the eleventh hour you can turn to Nature for help and get it and in no way can she help you more than through the fast.

Hundreds of cases of desperate functional diseases have been cured by a careful and skilled administration of the fast after every other means of treatment had failed.

Thousands of other cases, not so far advanced, have responded quickly and easily to Nature's most powerful factor in driving out disease.

There are millions of people today ailing, weak, diseased, discouraged, who could be in perfect health within three months—new men and women—if they knew the wonderful power of the fast to heal and how to administer it properly. If you have a health problem to solve it is very probable that you are one of them.

For many years, Bernarr Macfadden, head of the nation-wide Physical Culture movement, has known the tremendous value of the fast in curative practice. Regularly, several times each year, he has renewed and cleansed the tissues of his body by fasts of from three to fifteen days' duration.

At the same time he has supervised and observed the results of the fast upon thousands of men and women afflicted with a long list of diseases, many of them seemingly beyond help, and the astonishing results achieved long ago convinced him that if an authentic book on fasting could be placed in the hands of every man and woman having a health problem to solve, there is no limit to the amount of good it could accomplish.

Out of that conviction came the determination to provide just such a book and so, from the wealth of specialized knowledge that is his he has created

IF intelligently administered in accordance with the directions given in "FASTING FOR HEALTH," the following ailments should respond readily to the fast:

Asthma
Biliousness
Bladder Disease
Bronchitis
Catarrh
Constipation
Coughs and Colds
Diabetes
Diseases of the Prostate Gland
Diseases of the Rectum
Diseases of Women
Dyspepsia
Emaciation
Epilepsy
Ear Troubles
Eye Troubles
Headache
Heart Disease
Insomnia
Impotency
Kidney Disease
Liver Disease
Neurasthenia
Obesity
Paralysis
Rheumatism
Skin Diseases
Stomach Diseases
Vital Depletion
Youthful Errors.

"Fasting for Health"

which we believe is unquestionably the most masterly, the most complete and far-reaching work on fasting that has ever been written. We do not know of another man in the entire world as able to deal with the subject of fasting as Bernarr Macfadden. Into "FASTING FOR HEALTH" he has put his heart and mind and soul—the very best that is in him. After going thoroughly into the general aspects of fasting he takes up case after case of the specific treatment of functional diseases so that, no matter what your trouble is, you will probably find the detailed description of the treatment of a similar case so minutely covered, step by step, to the point of complete recovery that your delight will know no bounds.

Mr. Macfadden Wants You to Examine This Book at His Risk

He knows that once you have had an opportunity to go thru it, page by page, you would not think of parting with it. And so, he has instructed us to send copies of "FASTING FOR HEALTH" to all persons wishing to see it, upon a five days' approval basis.

Although the price of this priceless book has been made extremely low—only $2.00—you are not required to send one penny in advance. All that is necessary is to fill out the coupon provided below and mail to us. Immediately upon receipt a copy will be forwarded to you. When the postman delivers it pay him $2.00, plus postage, which will be looked upon simply as a deposit. If at any time within 5 days after receipt you decide for any reason that you do not wish to keep it, return it to us and your $2.00 will be immediately returned.

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Dept. 5, Macfadden Building, 1926 Broadway, New York City

Entirely at your risk you may send me a copy of Bernarr Macfadden's new book, "FASTING FOR HEALTH." Upon receipt I will pay the postman $2.00, plus postage.

It is understood if after examining it for five days I decide for any reason not to keep it you will immediately refund my $2.00 upon return of the book.

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***"There is a popular but wholly erroneous idea that one undergoing the fast grows gradually weaker. This is far from the fact. In most instances for a time, the faster actually becomes stronger."*—Bernarr Macfadden.**

They Called Her "PLUMP POLLY"

BUT *Look At Her Now*

POLLY FOSTER has such a lovely figure that her friends marvel how she manages to keep it so. They remember that only a short while ago they used to call her "Plump Polly." Here is her experience for the benefit of thousands of other women, who may find in her story the encouragement they need:

"The queerest thing," she says, "is that I was *afraid* to reduce. I knew that I was getting stouter all the time. But the very thought of reducing scared me. I had heard so many horrible stories about it. Some of the reducing methods, especially drugs, were so disgusting that I wouldn't dare to try them. I had heard how some women had made themselves sick through starvation diets.

"So for the longest time, I had to grin and bear it. I was the proverbial 'fat and cheerful' woman. Oh, yes, I always put up a brave front before my friends. I smiled and laughed when they called me plump. But in my own home I cried myself to sleep many times. Every woman who ever was too stout will know how I felt.

"It wasn't only the extra weight—though that was bad enough. But because of it I could never wear pretty clothes. I couldn't play in any games. I cancelled as many engagements as I could because I simply could not bear to be sympathized with and pitied. The lightest kind of work made me tired. My heart would run wild if I exerted myself too much. My complexion was oily. I took on more and more weight, until I was almost frantic about it.

"Then one day, something happened that just lifted me out of myself. Annette Kellermann was appearing in our local theatre. I had remembered seeing her years before—a slim, graceful girl. Everybody marvelled then because she had just been declared the most beautifully formed woman in the world. And here she was, in our town, back again after seventeen years.

"I could hardly believe my eyes when I saw her on the stage. Her complexion was just as young and fresh as ever. Her movements were just as graceful. And—most important to me—her figure was just as slim as it was years ago!

"After the performance Miss Kellermann invited women to write to her for advice. You can be sure that I was one of the first to send her a letter. I wanted to know how she kept her figure so perfectly lovely all these years—and whether she could do anything for me. I explained all about myself. I told her that I was getting stouter all the time, but that I was afraid of reducing. In response Miss Kellermann not only sent me a charming letter but, far more valuable, a copy of her book called "The Body Beautiful." That book, I can truthfully say, led me to my present fine figure, splendid health and happiness.

"That little book showed me that reducing could be sensible, safe and wonderfully pleasant. I discovered that I could have just as satisfying meals as I ever had before—but that the right foods would *reduce my weight* and at the *same time give me more energy*. I discovered that light exercises, practiced 15 minutes a day, would enable me to get rid of my fat and also tone up my whole system, clear my complexion, make me stronger, more vigorous and healthier.

"I know that all these wonderful benefits come from Miss Kellermann's safe and sane reducing methods because I have used them and the results prove it. I'm stronger than ever before. I enjoy life more. I have more energy, more 'pep.' I'm happier than I've been for years. Neither games nor work tire me out as they used to. I've lost all the distressing pains that bothered me. I feel like a *new woman* in every way.

"I wish that every woman who is the least bit stout knew about Miss Kellermann. I wish they could find out how sensible her method is, how simple it is—*and how easy!*"

FREE *"The Body Beautiful"*

Simply write to Miss Kellermann for a copy of her book "The Body Beautiful," and you will be told, without obligation, all about her sane, sensible, beneficial methods of reducing; a way that *increases* your vitality and your strength while you lose weight at the rate of 6 to 8 pounds a month. In this book you will get advice on reducing that may be worth more than you realize in greater vitality, better health and a more beautiful figure. Miss Kellermann has already helped 40,000 women. She can help you. Simply mail the coupon below or write a letter.

Address, ANNETTE KELLERMANN, 225 West 39th Street, Suite 35, New York.

Annette Kellermann, Suite 35
225 West 39th Street, New York.

Dear Miss Kellermann:

Please send me a free copy of your book, "The Body Beautiful." I am particularly interested in Reducing.

Name.....

Address.....

City.....State.....

A common sense way of ending all your hair troubles!

Bernarr Macfadden tells you how he saved his own hair and how you can save yours.

MR. MACFADDEN found in his exhaustive investigations that the condition of the hair depends to a large extent on the condition of the blood. Just as it is true that the organs of the body will not function properly without a supply of rich, red blood coursing through them, so it is also true that the hair cannot and will not be healthy—cannot be luxuriant and abundant—unless there is a proper blood supply at its roots.

It makes no difference how many different kinds of tonics you apply to your scalp—it makes no difference how much money you spend in barber shops or beauty parlors, everything is useless unless the simple laws of nature are followed. By following these easy rules, thousands have acquired heads of hair that are the admiration of all — its beautiful gloss, its luxuriant abundance and healthy strength make it indeed their crowning glory, and certainly there is no reason why you cannot do the same.

BASED upon my experience of upwards of a score of years, I can unhesitatingly affirm that in the vast majority of cases baldness and early loss of hair can be absolutely prevented.

Some years ago my hair began to fall out at an alarming rate. I was greatly disturbed. Having long before this lost all faith in drugs for the treatment of chronic disease of any kind, I did not attempt to seek relief among the commonly recommended formulas. Instead I carefully studied my condition and began the process of seeking the cause for it.

The method that I finally evolved forms the basis of my book, and is gone into with painstaking detail. I have incorporated in this book all the means I employed to conserve and restore my own hair which is now in about the same condition as it was twenty years ago.—*Bernarr Macfadden.*

Your Hair

What do you know about it?

What are the most scientific preventatives of baldness?
Should a wire brush ever be used on the hair?
When should the hair be forced to fall out?
Of what benefit to the hair is singeing?
How often should the hair be washed or dampened?
Which is the one great cause of dry scalp and hair?
What is the best soap for oily hair? for dry hair?
What are the three causes of baldness?
What is a dry shampoo and how does it affect the hair?
What is the strongest stimulant that can be used on the scalp?
What one thing is most important to luxurious growth of hair?
Why does hair fall out after sickness?
What causes gray hair?
Is dandruff contagious?
What has diet to do with dandruff?
What is the best way to kill the dandruff germ?
How can the eyebrows and eyelashes be strengthened?
How often should a baby's scalp be washed?
What is the best kind of brush to use?
How often, and with what, should a baby's scalp be oiled?

to have strong, vigorous, healthy hair, and it won't cost you a single penny to use it day after day, year after year!

So remarkable are the results obtained through Bernarr Macfadden's new easy hair culture methods that they may seem unbelievable to some who have tried the usual kind of "Hair-growers" without benefit. Yet thousands upon thousands of men and women have already used these remarkable Macfadden methods with uniformly satisfactory results.

So sure is Mr. Macfadden that his methods can help anyone who is troubled with dandruff, gray hair, baldness, split hair, and all other hair ailments, that he has instructed his publishers to send his remarkable new book *Hair Culture* to everyone requesting it, for five days' examination. It makes no difference how many remedies you have tried without success, it makes no difference how stubborn your case may be, or how long it has existed, Mr. Macfadden is sure that you will obtain the results you want through the simple methods which he has discovered, and which are fully and completely explained in his book.

If your comb reveals that you have dandruff, or that your hair is coming out too fast, if your head is too dry or too oily, if you are troubled with baldness in any degree, you owe it to yourself, to your peace of mind, at least to investigate Mr. Macfadden's discovery. Get his book; find out what your hair is, how it grows, why it dies and falls out, why it loses its color, why it becomes brittle. Then read how this simple natural method can quickly end your troubles, stop your loss of hair, end your dandruff and make your hair grow thicker, stronger, more beautiful than perhaps you have dared to hope.

You can learn Mr. Macfadden's methods of Hair Culture in a few minutes

The most wonderful thing about Mr. Macfadden's discovery is that his methods do not require the use of any so-called tonics or treatments. They do not demand any apparatus. In fact, his methods of hair culture are so simple, so easy to apply, that anyone can learn to use them in only a few minutes. Once you have learned the amazing secret you can be sure

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Please send me by mail, Bernarr Macfadden's new book *Hair Culture* explaining his simple methods for naturally preserving and beautifying the hair. When the book arrives I will deposit $2.00, plus delivery charges, with the postman. It is understood that if for any reason I return the book within five days after its receipt my money will be refunded.

Name_____
Print Name and Address

Street_____

City_____ State_____

Canadian and foreign orders, cash in advance.

Send No Money

You need not send a single penny now. Merely mail the coupon, and the book *Hair Culture* will be sent to you by mail, prepaid. When the book arrives deposit only $2.00 plus delivery charges, with the postman. Then examine it for five days. Find out exactly what causes dandruff, what makes your hair lose its color, what makes it fall out. Then see how quickly Mr. Macfadden's simple methods can remedy your trouble, at no cost, and in only a few minutes each day. If you are not absolutely satisfied that you will get all the results you hope for, return the book and your money will be refunded at once. At any rate you take no risk, you have nothing whatever to lose, so send the coupon now.

MACFADDEN PUBLICATIONS, Inc., Dept. 5
1926 Broadway, New York

Ask Physical Culture

Bring your outdoor problems to us. This publication is prepared to give expert aid to PHYSICAL CULTURE readers on all subjects pertaining to the Great Outdoors. Do you want to know the proper equipment to use? How to dress? Where to go? What to do? In fact, is there anything you want to know about your outdoor activities? Then ASK PHYSICAL CULTURE! Just write a letter addressed to ASK PHYSICAL CULTURE, 1926 Broadway, New York City, and your questions will be answered promptly by mail by an expert in the particular activity referred to.

Ronier, Minn.

DEAR SIR: I am planning a hike of 2,000 miles, and would like some advice. Should I carry all my food with me, or can I depend on securing it en route? What equipment will I need, and what clothing is best to wear? Give me any information you can that will help me, and I will be greatly indebted to you.—J. L. D.

ANSWER: Your arrangements as to food and other supplies depend entirely upon the nature of the country you are to traverse on your hike—whether it is unsettled country where there will be few opportunities to replenish your supplies, or whether there are frequent towns and shopping places along your route.

Naturally, it is best to carry as little as you can possibly get along with, and to eat your meals at such places as you can get them along your route, always carrying an emergency supply of food and a folding cooking kit of aluminum such as used in the U. S. Army or by the Boy Scouts. This is composed of skillet with folding handle, pan with folding handle, drinking cup and knife and fork and spoon.

The food you carry will depend largely on your individual taste, but be sure that you take only compact foods and carry nothing bulky. Cheese and cake chocolate are two things you do not want to forget, as when all other foods run out these two articles will keep you going and satisfy the cravings of your hunger when more bulky foods would fail to do so. Carry just a full day's supply in your knapsack, depending on replenishing your food supply at least once a day. If there are frequent towns where you can get a meal, it is best to carry only sandwiches and coffee or tea and chocolate and cheese.

Your shoes should be broad of toe and high enough to support the ankle well, and of good strong leather with good sole and rubber heels.

They should be roomy enough in the toe to give the toes free play and allow them to expand in walking, but should fit snug around the heel and under the arch of the foot. Wear only heavy woolen stockings, as these absorb the perspiration and prevent chafing of the feet, and they act as a cushion inside the shoe. Prepare your feet in advance of starting, by bathing them two or three times a week; or, better yet, every day—in a strong solution of rock salt dissolved in water. Keep them greased well between the toes with vaseline when on the road.

The rest of your equipment should be knickers or army trousers of khaki, on which you should put side straps so you will not have to wear a belt. A woolen army shirt, woolen suit of underwear with long sleeves and longer than knee length, a light hat that will shade the eyes, and, most important of all, a good all-wool "windbreaker" or sweater to pull on when you stop where the wind is chilly. Be sure to take an entire change of this clothing in your knapsack, and never sit around in the evening in clothing that is even slightly moist from perspiration. Always put on fresh, dry clothing every evening, and bathe every morning before starting out, where possible.

This extra change of clothing, along with your sleeping tent, blankets, cooking kit, and food, should be enclosed in a water-proof knapsack which straps on your shoulders, high

(*Continued on page 20*)

They Thought I Was Trying to be Funny —

Until I Started to Play — Then I Gave Them the Surprise of Their Lives

THE crowd sat spellbound—fascinated by the rich full notes of Harry's violin. Yes, it was beautiful—for Harry was a brilliant performer. Yet I could not help chuckling to myself when I thought of the surprise I had in store for them. I waited until the last ripple of applause had stopped. Then with mock dignity I arose.

"With your kind permission," I announced, "I shall now charm you with a piano recital."

Everyone snickered. "Does he really play?" one girl asked. "Yes," Phil laughed, "he plays the Victrola—*beautifully!*" Someone behind me whispered: "Jim must have his little joke." "How about playing Rachmaninoff's 'Prelude in C Minor,' Jim!" another suggested. The room was in an uproar. They were sure I couldn't play a note.

With studied clumsiness, I fell over the piano stool and dropped the lid on my hand. Then with all the gravity of a master pianist, I proceeded to pick out "Chop Sticks" with one finger! The crowd roared with laughter. This was the dramatic moment for my surprise. Dropping the mask of the clown, I struck the first sweet chords of W a g n e r ' s lovely "The Evening Star" from "Tannhauser."

The laughter died on their lips. The magic of my music cast a spell over everyone. As I played on with complete confidence I forgot the room —the people—everything. I was alone—lost in the sheer beauty of the immortal master's tender melodies.

The Thrill of My Life

When the last haunting strain of the mellow notes had faded away, there was a dead silence. Had I failed? A roar of applause answered my question. Then I felt the thrill that comes with real success!

A perfect bedlam of questions and congratulations followed from my amazed and dumbfounded friends—"How long have you been playing?"—"Who was your teacher?"—"Where did you learn?"

"I know it is hard to believe," I replied happily, "but I learned at home—*and without a teacher!*"

How I Learned

They were too completely surprised to say anything so I told them the whole story.

"I have always wanted to play the piano. But I never had a chance to take lessons when I was a youngster and as time went on I reluctantly said goodbye to my ambition to play. Then I saw an interesting ad one day. told about a new, easy way of learning music—right home—without a teacher. It seemed too good to be true. But I *did* want to play and it certainly was worth investigating as long as it didn't cost me a cent. So I sent for the Free Demonstration Lesson and Booklet.

"When they arrived, I was amazed to see how easy playing the piano really was—easier than I dared hope. I knew right away that I could learn to play. So I decided that I would send for the course and practice secretly. Then I could surprise you all."

Just a Few Minutes a Day

"The course was as fascinating as a new game. I enjoyed every minute of it. I was playing real tunes from the start *by note*. Reading music was as easy as A-B-C! No weary scales, no monotonous exercises, no tiresome hours of practicing. And each lesson was easier than the last. Although I never had any "special talent" for music I was playing my favorites almost before I knew it. Soon I will be able to play jazz, ballads, classical music —all with equal ease. Well, did I surprise you?"

You, too, Can Quickly Learn

You, too, can learn to play your favorite instrument by this remarkably easy "at home" method that has helped almost half a million people all over the world to increased pleasure and financial gain. It's just a common sense practical method—so simple you don't have to know the slightest thing about music. You find your progress amazingly rapid because every step is clear and easy to understand. Just pick out the instrument you want to play. The U. S. School of Music does the rest. And its cost averages just a few cents a day!

Free Book and Demonstration Lesson

Our wonderful illustrated free book and our free demonstration lesson explain all about this remarkable method. They prove just how anyone can learn to play his favorite instrument in almost no time and for just a fraction of what old slow methods cost.

If you really want to learn to play—if new friends, good times, social popularity and increased income appeal to you—take this opportunity to make your dreams come true. Sign the coupon and send it before it's too late. Instruments supplied when needed, cash or credit. **U. S. School of Music, 185 Brunswick Bldg., New York.**

Pick Your Instrument

Piano	'Cello
Organ	Harmony and Composition
Violin	Sight Singing
Drums and Traps	Ukulele
Guitar	Hawaiian Steel Guitar
Mandolin	Clarinet
Harp	Flute
Cornet	Saxophone
Piccolo	Trombone

Voice and Speech Culture
Automatic Finger Control
Piano Accordion
Banjo (Plectrum, 5-String or Tenor)

U. S. School of Music,
185 Brunswick Bldg., New York City.

Please send me your free book, "Music Lessons in Your Own Home," with introduction by Dr. Frank Crane. Demonstration Lesson and particulars of your offer. I am interested in the following course:

.....

Have you above instrument?.....

Name.....

Address.....

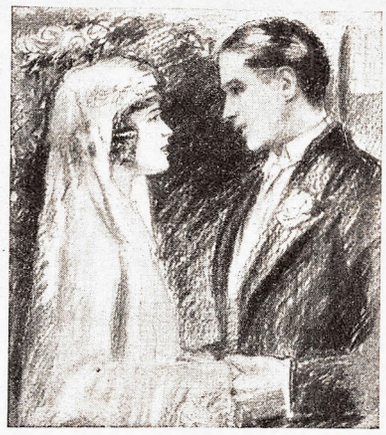
City.....State.....

"Womanhood and Marriage"

By Bernarr Macfadden

If You Are an Earnest, Intelligent Young Woman, Possessed of the Fine Instincts of True Womanhood, You Think Seriously About Marriage and Motherhood, and Hope Some Day to Become the Wife of the Man You Love, to Bear Him Children, to Make Him a Happy, Comfortable Home and Then Live Out Your Days Secure in the Deep, Abiding Love of a Faithful Husband and Surrounded by Loving Considerate Sons and Daughters.

Yet, when you read the papers and see the myriad accounts of separation, divorce, scandal and misery with which their columns are filled you cannot help but feel a deep concern at the pitfalls that border the path of wedded happiness; accounts that well may cause the stoutest heart to quail, the strongest confidence to weaken.



In Knowledge There Is Happiness

However, keep this in mind—*there is nothing wrong with marriage—upon marriage is based the home, and the home is the foundation of our nation. But,* like all other great institutions devised by nature for the good and protection of the human race, it is subject to a well defined set of natural laws that *must be obeyed. Therein lies the whole secret of happy or unhappy marriage.*

Until recently there was some excuse for women marrying with no knowledge of the responsibilities of wifehood because a vulgar prudery had thrown a dense black wall of ignorance around everything having to do with marriage, a wall that kept girls and young women from learning *before marriage* the things that every woman *must know* in order to intelligently become the wife of the man she loves and the mother of beautifully healthy children.

Ignorance Is No Longer Excusable

Bernarr Macfadden, father of Physical Culture, has written a wonderful book for the everlasting good of womanhood entitled, "Womanhood and Marriage" which is now available to every girl and woman, married or single, who sincerely wishes to make her marriage, her home, and her children so ideally perfect that there is nothing left to be desired.

We know no better way to give you an idea of the scope, the value, the absolute completeness of this monumental work than to print the chapter heads.

As you read the adjacent list of headings you will understand why so many thousands of women consider "Womanhood and Marriage" the greatest single factor for good, and for permanent happiness that has ever entered their lives.

In order to place this information at the disposal of every girl and woman we are making the liberal offer as outlined in the attached coupon. Sign it and send it in today. Upon receipt of the book pay the postman $3.00, plus delivery charges, under our money back guarantee as explained in the coupon.

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I am interested in WOMANHOOD AND MARRIAGE. Please mail me a copy under plain cover and I'll pay the postman $3.00 plus delivery charges, upon receipt.

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(*Continued from page* 18)

up. Do not wear this knapsack too low down on the back, or it will tire your shoulders and neck. And don't forget to place in it a good, stout knife, any watch that will keep good time, and a first-aid kit that may be purchased at any drug store.

Schenectady, N. Y.

DEAR SIR: I have been failing in health, with indigestion and stomach trouble, and a companion and I would like to go up into the Canadian woods somewhere and live in a camp through the coming summer. We do not want a regularly established camp, but would like to know if you know of any abandoned houses or other shelters we might be able to take possession of and use for a camp, living there without molestation from outsiders, doing our own work, and living as the trappers and woodsmen do. We haven't much money, and think if we could find some such place deep in the woods where there is good fishing and a good place to tramp through the woods and work hard out in the open, it would benefit our failing health. Please advise us to the best of your ability.—A. D. W.

ANSWER: I think you have made a wise decision, providing you watch your diet and do not try to eat the course and hard-to-digest foods that the woodsmen eat. You couldn't do this without further aggravating your failing digestion.

You could not possibly live on the bacon, beans, and biscuit that is the customary fare of the woodsmen, without suffering in consequence.

I know just the place for you, and will explain the possibilities of your diet later on in this letter. Up in the Lake Kipawa Country of Western Quebec there are several abandoned lumber camps, owned by the Shepard & Morse Lumber Company, which they have left standing deep in the woods when they were through operating in that district. These camps you can occupy without molestation by anybody, and each camp consists of a number of log cabins which can be yours for the time being without cost. Each of these camps formerly had a vegetable garden, and you can raise your own vegetables so that you will always have green vegetables for your table, which is a food you will need for the correction of your digestive disorders.

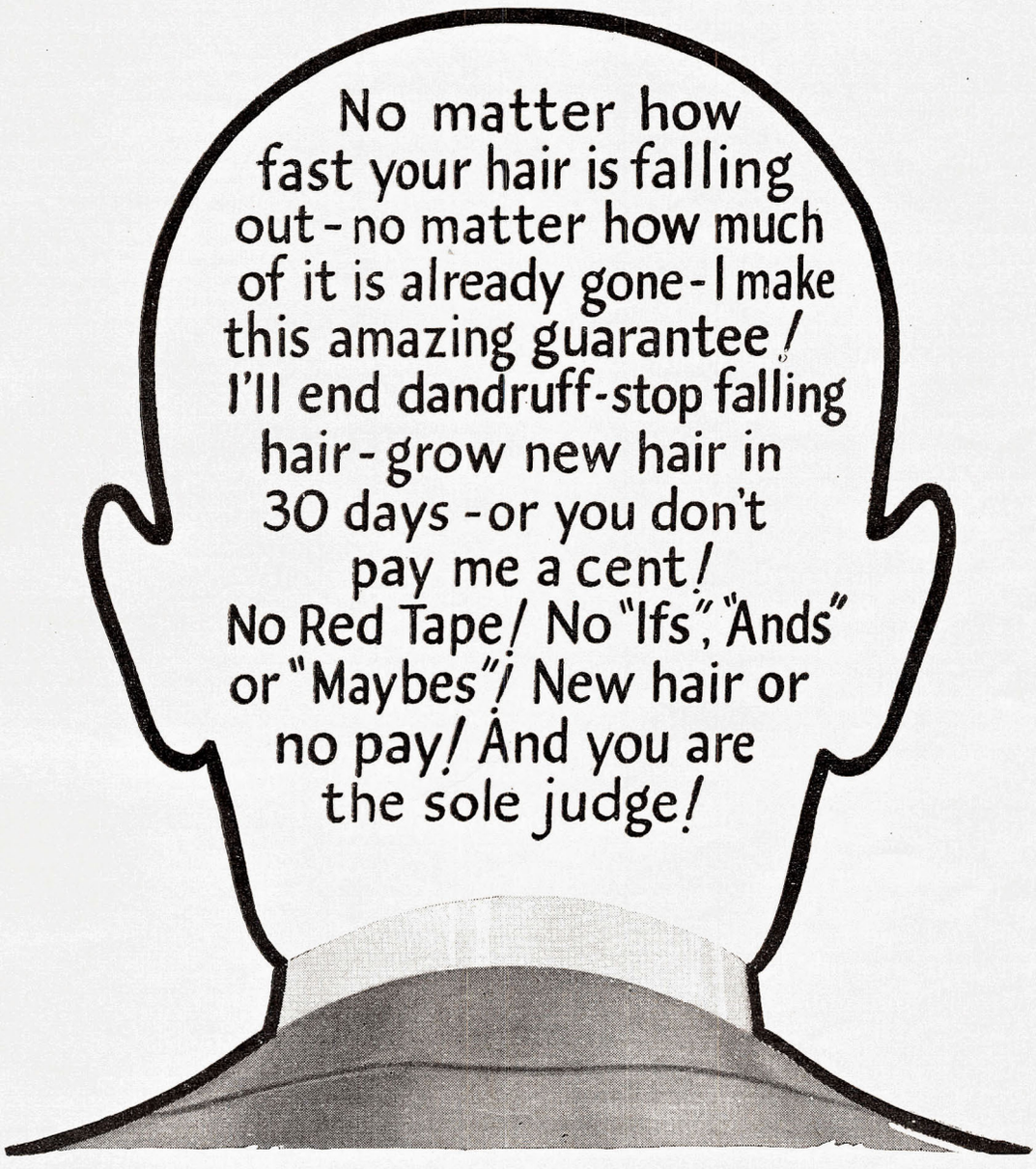
Go to Kipawa Station, on a branch of the Canadian Pacific Railway which runs out from the main line of the C. P. R. at Matawa, Ontario. It is thirty miles from Matawa to Kipawa. At Kipawa you can take a small steamer operated by the Kipawa Supply Company, running up the lake to Mongo, which is a supply station, and where there is a small trading store. This is where you will have to purchase your provisions and other supplies during your stay in the woods.

One of the abandoned lumber camps mentioned is located on Little George's Lake not far from Mongo. You can get one of the natives here to guide you to it—it is just a tramp of about three miles through the woods. As these camps are considered anybody's property to use after they have been abandoned by the owners up there, you can move in and take possession of the best of the cabins and camp there to your heart's content without paying a cent to anybody. This camp at Little George's Lake is right in the heart of one of the best deer and moose countries in all Canada. Partridges will sit on the logs and look at you. And Little George's Lake is filled with large lake trout and pickerel.

There is another camp at the head of Bois Franc Lake, which Lake is just a short distance from Little George's Lake, but this will be farther away from your base of supplies. I would advise the camp at Little George's Lake. Here there are old wood roads formerly used by the lumbermen running everywhere through the woods, which make mighty interesting

(*Continued on page* 22)

61 words *for men getting* BALD



THINNING hair, falling hair, dandruff, dry scaly scalp—DANGER SIGNALS ALL! Stop delaying. Stop wasting time and money on ordinary salves, massages, tonics and oils, which you *know from experience* cannot possibly bring worth-while results! Save yourself from baldness this quick, easy way—through my iron-clad contract—*without risk!* For I GUARANTEE to end dandruff—stop falling hair—grow new healthy hair in 30 days—or I *don't want a penny of your money!*

Here's My Secret

Why does baldness begin to appear? Why do ordinary tonics fail to help? In most cases of baldness the hair roots are dormant—*sleeping* through lack of nourishment. And tonics fail to help simply because they treat only the *surface* skin. To make a tree grow you don't rub "growing fluid" on the bark. You get to the roots. That's the simple secret of my scientific treatment. It goes *beneath* the surface—nourishes dormant roots directly—stimulates them to new activity—encourages quick and healthy growth of new, vigorous hair.

At the Merke Institute, 5th Avenue, New York, many people have paid as high as $100 for results secured. Now you can secure equally beneficial results at home for only a few cents a day—AT MY RISK. You *grow* new hair where you *need* new hair—or I pay, not you!

Want My FREE Book? Mail Coupon!

Some cases of baldness are hopeless. I admit it. But so many thousands have benefited through my remarkable treatment that the facts are certainly worth knowing. Mail coupon for vitally interesting FREE booklet, describing in detail my successful system, which is growing new hair for thousands all over the country. In addition, it tells all about my iron-clad contract, which enables you to take the treatment without a penny's risk. No obligation. Sign and mail the coupon NOW! Allied Merke Institutes, Inc., Dept. 25, 512 Fifth Avenue, New York City.

Allied Merke Institutes, Inc.,
Dept. 25, 512 Fifth Avenue, New York City.

Please send me—without cost or obligation—in plain wrapper, a copy of your book, "The New Way to Grow Hair," describing the Merke System.

Name .....

Address .....

City ..... State .....

NERVES?

Millions of people are today only half alive and don't know it! They suffer from obscure ills, worry about imaginary troubles, find it hard to concentrate and easily fall a prey to disease that robs them of their vital powers—all as a result of continuous neglect of their nerves. Bernarr Macfadden, in a wonderful new book shows how to recharge your undernourished nerves and how to acquire glowing health and youthful vitality by following a few easy, natural rules. No medicines, drugs, or self-denials, no exhausting exercises or disagreeable diets!

Many a promising career and many a happy home has been ruined by some impulsive word or act. Many a social position has been irretrievably lost by some trifling indiscretion or error of judgment—due entirely to unstable nerves. To think that one marriage in every eleven ends in divorce! And to think that 95% of all the misery of the unhappily married is due to nothing more than irritated nerves. When a man loses his temper and flares up in excitement; when a woman begins to nag, fret and worry; when a child becomes unruly or shy—it's simply a case of nerve exhaustion.

Why Ruin Your Life?

It is a pity that so very few people really know how to keep their nerves sound and healthful. How much misery could be avoided, how much unhappiness could be changed to joy if the countless numbers of people who now overlook the little signs of nervous exhaustion could be made to see the folly of their neglect.

It is now just as easy to have sound, healthy nerves as it is to have clean, strong teeth and vigorous muscles! Without drugs or medicines—without tedious exhausting exercises or enforced hateful diets—without doing anything that isn't pleasant and delightful, you can now recharge your undernourished nerves and live a full, vibrant life that will help you to achieve a glorious business and social success.

Strengthening the Nerves

Based on his many years of experience as a physical culture expert, Bernarr Macfadden has picked out and set down in writing certain simple, easy-to-follow rules that have helped thousands of men and women to regain their lost nervous energy and to acquire glowing health and youthful vitality.

If you follow Bernarr Macfadden's advice faithfully, you will be overjoyed at the results. You'll look better and feel better than you have in years; you will have greater endurance, a keener appetite and a happier outlook on life than you ever had before. You will banish headaches, worries, constipation. Your complexion will become clearer, your eyesight stronger and you will gradually build up a vigorous body that will be able to resist nearly every ailment that is at present sapping the energy of thousands.

The book is written in an easy, fascinating style. There is nothing difficult to understand. You'll enjoy every page because it shows you the way to glowing health and vigor. The knowledge you'll gain from reading Bernarr Macfadden's book will help you throughout your entire life, for it will build for you a solid foundation for your future success and happiness.

Get This Book at Our Risk

Send $3.00 with order and this great 235 page book will be mailed to you postpaid within 24 hours after your order is received. Or, if you wish it, we will send the book to you C. O. D. $3.00 plus delivery charges. Take five full days to examine the book and if you are not highly pleased with it, return it to us and we will cheerfully refund your money.

MAIL THIS COUPON TODAY

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Please send me Bernarr Macfadden's new book "Strengthening the Nerves." I will pay the postman $3.00 plus postage and if for any reason I do not want to keep the book I will return it in five days and you will promptly refund to me the price paid.

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Address.....

City.....State.....

(*Continued from page* 20)

tramps. And here you can plant your own vegetable gardens and live like kings without seeing anybody.

For further information about these camps, address the Kipawa Supply Company, at Kipawa.

Be sure to have a canoe hauled over to this camp, as you will need it on the lake. If you go early enough, take vegetable seeds and plant your own gardens, and be sure to take in with you from the last city you are in, plenty of prunes, jello powder flavored with fruit juices, and oranges and other fruit, because you will find these necessary foods for a weak stomach hard to get up there. You will have to be satisfied with canned milk, but this is almost as good as fresh milk, and you will want to use plenty of it. Take in canned vegetable soups so you will have a vegetable diet until your own green vegetables grow. Arrange with the Kipawa Supply Company to ship you in whole wheat bread regularly, so you will not have to eat the soggy white bread the natives up there use. Also take in some packages of bran cereal, because they don't eat it up there, and you will be unable to get bran, which you will need to assure proper elimination.

These, with the natural foods of the country and plenty of fresh air and exercise, will work wonders for you up there in the woods before the summer is over.

Akron, Ohio.

DEAR SIR: What system of exercise and diet would you advise for an indoor worker who is troubled with constipation and indigestion? Please advise me.—C. D. O.

ANSWER: Start with a regular practice of taking "setting-up" exercises as soon as you get out of bed in the morning. Follow any of the systems frequently given in the pages of this magazine. The first movement should consist of filling the lungs well with air and swinging the arms horizontally from in front of your body, straight backward as though trying to crack the backs of your hands together behind your shoulders—do this while holding your lungs full of air, which you press down against your diaphragm hard as you swing your arms backward. The rest of the morning exercise should consist of striking the arms out as though fighting, doing this briskly so as to start the blood circulating freely; pressing your arms behind your back, and raising them slowly above your head while continuing to press them as far behind you as possible, thus pressing the spinal vertebrae into their proper position; stooping over, twisting at the waist, squatting and raising yourself as high on your toes as possible with your arms stretched high above your head, lying on your back and raising your feet alternately, et cetera.

After this setting-up exercise each morning, put on your clothes while standing up—don't sit down on the edge of the bed. Then, after you clean your teeth, drink three glasses of hot water slowly each morning. Then complete your dressing and go out for a brisk walk of about two miles or so before breakfast. By the time you get back you will have assimilated the hot water and your digestive organs will have burned up the slag that has been lying dormant in your stomach, and you will be ready to take in more food, which your stomach will be ready to take care of.

Eat two cakes of yeast before starting your breakfast, then let your breakfast consist of orange juice or grape fruit, whole wheat biscuit and bran—half and half—with hot milk, and bran muffins with raisins.

For lunch eat a raw vegetable salad and drink a glass of buttermilk, eating a yeast cake before lunch.

Eat meat no more than once or twice a week, and cut out all starches, sweets and pastries or other heavy desserts. If you must have a dessert, eat a fruit jello.

This routine followed consistently, day in and day out, rain or shine, will make you feel like a new man.

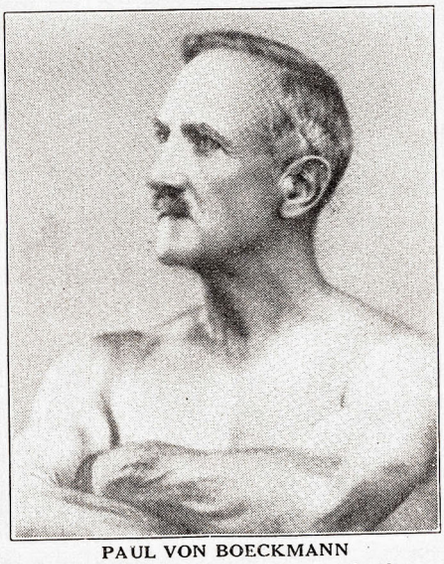
LIFE IS NOT WORTH LIVING—

Without Sound Nerves

YOUR nerves govern your life—your efficiency, your happiness, your health. If your nerves are depleted, you cannot concentrate or think clearly; you have not the "pep" and spirit to enjoy your pleasures and sports; you have not the physical comfort and well-being without which happiness is **impossible.** Is life worth living under these conditions? No! You merely exist—you are not getting out of life **everything** that it has to offer!

We are living in an age of SPEED; we are leading a "mile-a-minute" life. We crowd two, or even **five** years of life into a single year! We hurry, we worry, and, often, we dissipate our vital forces through ignorance.

Yet, we go on living our lives hard and fast, little realizing that we cannot go on for long, that there must come an end to our stock of Nerve Force, and that Nerve Exhaustion is staring us in the face!



PAUL VON BOECKMANN
Author of Nerve Force and several other books on Health and kindred subjects.

This photograph, taken very recently, shows him at the age of 57—the acme of Strength, Vitality and Nerve Force

Every victim of Nerve Exhaustion, when he is stricken with this terrible malady, firmly believes that he has been stricken **suddenly.** This is **not** true. The fact is, that it has been **years** developing, and that he has had many, many warnings of what was coming—but he did not heed them! Though he passes through years of sub-normal nerve supply, he pays no attention, he believes it quite common—many misled people do—to feel tired and worn out; to suffer sleepless nights in periods; to feel discomfort after meals; to feel depressed, irritable, melancholy, and often in a "mental fog." He believes his trouble will solve itself "somehow," "sometime," especially since his physician assures him that there was "nothing physically wrong," that all his "organs are perfect," that all he needs is a "rest" and he will be "all right." A little rest helps a **little**—for a while, and then he is right back where he started, leading the same old life. Finally, he becomes a bit discouraged, believes that every man must endure "a few discomforts," and keeps going **while the going is still good.** Little does he realize that every day he is undermining his constitution, paving the way to all sorts of physical and mental disorders, and going through life only HALF ALIVE!

The country is teeming with cases that fit this story like a glove (for we Americans are the most nervous nation under the sun, not barring even the hot-headed Latins), they may be called "near-neurasthenics." A near-neurasthenic is but a next-door-neighbor to a full-fledged neurasthenic, in the grip of **actual, terrible** and **complete** Nerve Exhaustion—Nerve Bankruptcy!

There is but one malady more terrible than Nerve Exhaustion, and that is, its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. It is HELL; no other word can express it. At first the victim is afraid he will die, and as it grips him deeper he is afraid he will not die; so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

The noted British authority on the nerves, Arthur T. Schofield, M. D., the author of numerous works on the subject, states:

"It is my belief that the greatest single factor in the maintenance of health is that the nerves be in order."

The symptoms vary according to individual characteristics, but the development is usually as follows.

First Stage: Nervousness, restlessness, sleeplessness, lack of energy, poor circulation, and other minor symptoms of low vitality.

Second Stage: Nervous indigestion, belching, sour stomach, gas in bowels, shallow breathing, decline in power of the reproductive functions, high or low blood pressure, hot or cold flashes, heart palpitation, mental uneasiness, irritability, undue worry, despondency, self-consciousness, etc.

Third Stage: As nerve weakness advances, the symptoms mentioned before become more severe. It is then the more severe mental symptoms appear; namely, fears, melancholia, dizziness, loss of memory, hallucinations, suicidal thoughts, and finally INSANITY.

If only a few of the symptoms mentioned here apply to you, especially those indicating mental uneasiness, you may be certain that your nerves are weak and deranged. Fight this weakness as you would fight for your life. **Conquer it,** or it will **conquer you.** There is nothing more terrible than Nerve Exhaustion.

Medicine Useless

Medical treatment for nerve weakness is worse than useless. Taking drugs to stimulate jaded nerves is like making a tired horse run by dragging him behind an automobile.

Physical Exercise May Be Harmful

Don't be deceived into believing that some magic system of exercise will restore lost Nerve Force, as is so often claimed by physical culturists. More often it wastes the little that is left, for exercise demands expenditure of Nerve Force. Bear in mind that some of the worst nervous wrecks may be found right among our physical culturists, prize fighters and noted athletes. Nerve abuse wrecks the strong as well as the weak.

Important Book on the Nerves

Many excellent books have been written on the care and strengthening of the nerves, but by far the most practical book ever written for the benefit of the general public is "Nerve Force" by Paul von Boeckmann, the noted authority on this subject, who has for thirty years made an intensive study of people with weak and deranged nerves. The book is illustrated and contains 64 pages of condensed facts and advice upon the subject of Nerve Culture. The cost, prepaid, is only 25c. (Coin or small denomination stamps.)

Your Children's Nerves

This book is of inestimable value to parents. Proper care of a child's nerves is as important as his mental training, for education is of little value unless backed by sound nerves.

Nervous parents are likely to beget nervous children. The information contained in this book will give a parent a thorough understanding of the dangers that threaten a child's nerves and how to counteract them, so that the child can become immune to nerve strain and become strong and healthy.

Unconditional Guarantee

This book is guaranteed from cover to cover. If, after applying the advice it contains, your nerves do not feel 100% calmer and better, your money will be refunded PLUS your outlay for postage. There is no time limit to this offer.

Over a million copies have been sold, a record never before reached by any other book on health. This book and several other books on health subjects by the author are now on file in many public libraries and at the National Medical Library at Washington, D. C. They are highly recommended by noted physicians, scientists, teachers, ministers, and students of health culture.

What Others Say:

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."

A physician says: "Your book shows you have a scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A mother writes: "I always had that dragged-out feeling. I could not take any interest in my children's activities: they annoyed me. I could find no relief until I read your book. It taught me how to build up my nerves. Now I am a companion to my children, can play with them, and am interested in their doings."

A college student writes: "I studied so intensely to pass my 'exams' that I broke down completely, and had to leave college. After following your teachings, I was able to return to school and complete my education, graduating with honors."

A young girl writes: "I have been suffering from depression for a long time. I tried many cures, but none succeeded. In changing my mental attitude to life, you saved me from this terrible melancholy."

An athlete says: "To look at me, you would have thought me to be 'the picture of health.' But my appearance was deceiving—I was strong physically but internally my nerves were shaky and life was a burden to me. Now I understand that muscle isn't everything."

A business man writes: "Your book did more for me for indigestion than two courses in dieting."

Fill in the attached coupon today—NOW. The book will be a revelation to you.

Paul von Boeckmann, Studio 1416
Cellini Bldg., 48 W. 48th St., New York City.

Dear Sir: Please send me your book on Nerve Culture subject to guarantee. Enclosed find 25c.

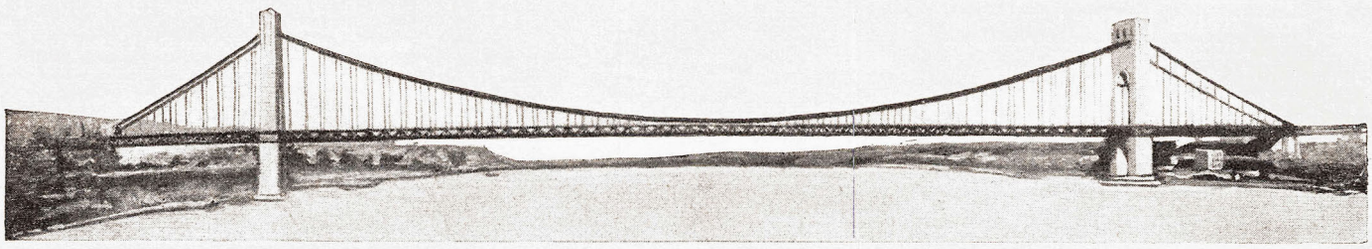
Name .....

Address .....

City ..... State .....

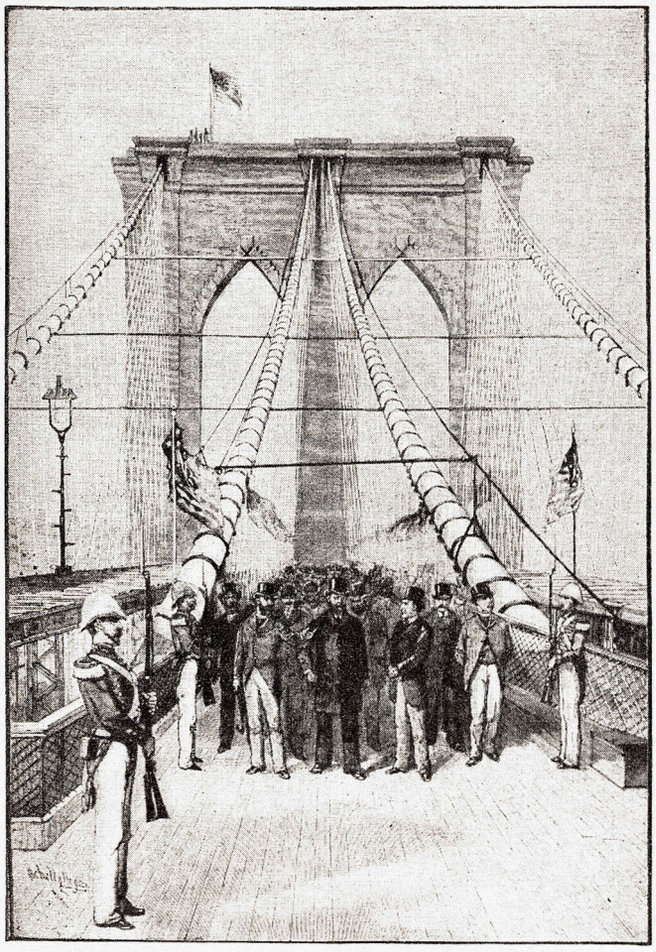
Note: **Paul von Boeckmann has advertised his various books in Physical Culture for more than 25 years. He is the oldest advertiser using this magazine.**

You *Too*, Can Make Money In New York Real Estate



When the new Hudson River Bridge is completed a large section of New Jersey will become a suburb of New York. A great land rush will undoubtedly bring fortune to thousands owning land in the newly opened area.

Constantly Increasing Land Values In and Around New York City Have Already Made Thousands Independently Wealthy. At the Suggestion of Bernarr Macfadden, an Old and Reliable Concern Specializing in New York Real Estate Offers You the Opportunity to Participate in this Prosperity.



The opening of the Brooklyn Bridge in 1881. President Arthur and party crossing the suspended highway which freed lower Manhattan from the water barriers surrounding it and created thousands of fortunes for Brooklyn land owners.

Just because you do not live in or near New York City is no reason why you should not share in the immense profits that many thousands of men and women are receiving from the endlessly increasing land values in greater New York and the surrounding suburban territory.

New York has always been the great national center of real estate activity. In New York real estate are rooted many of the great historic fortunes of the United States. Thousands and thousands of families have been made independently wealthy from the ownership of plots of land in and near New York—not great areas requiring millions to purchase but small plots, one or two or three well chosen lots bought at the right time and at the right price.

Always it has been the same in the vicinity of New York. Wherever transportation has opened new areas, the city has reached out and engulfed them bringing fortune to those who had the foresight to buy in the newly opened area before the rush began.

If your father, or, unless you are very young, you yourself, had bought a little land in Brooklyn, Harlem, The Bronx, Upper Long Island before the bridges and transit came you would be financially independent today.

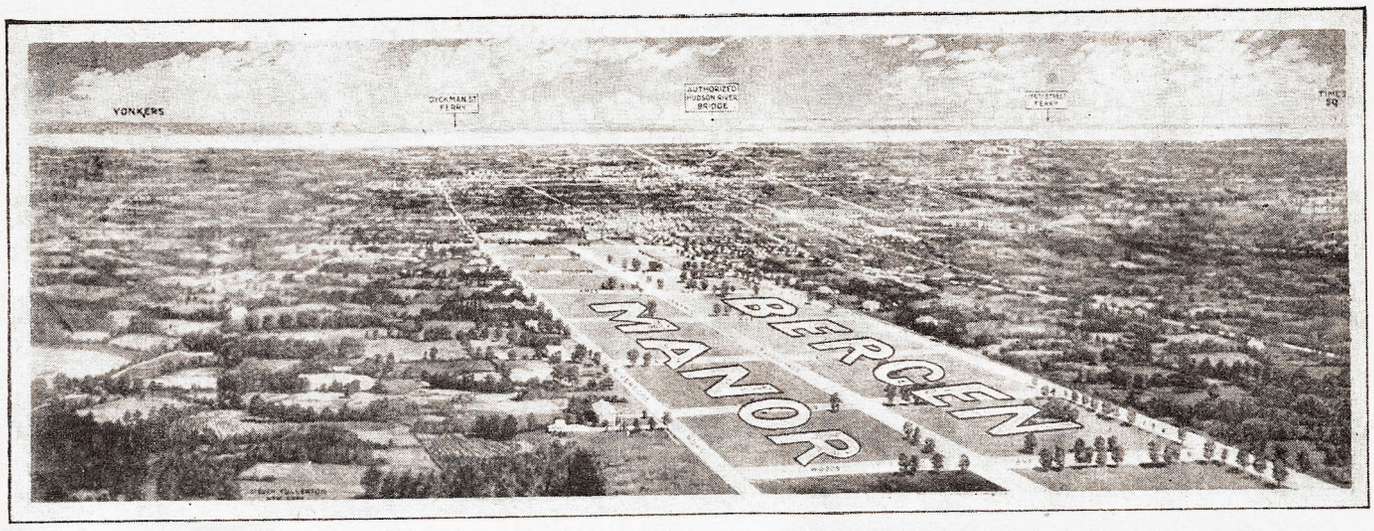
And now the greatest opportunity of all presents itself.

The Greatest Opportunity of All

Opposite upper New York City, just across the Hudson from Riverside Drive, lies the smiling New Jersey countryside, comparatively unoccupied while workmen labor feverishly upon the mammoth Hudson River Bridge which soon will permit the teeming millions on Manhattan to rush across into the Jersey uplands just as they did when the Brooklyn Bridge was opened, when the elevated and subway were extended into Harlem, and The Bronx, and when the subway, the Queensborough Bridge and the Pennsylvania tubes made Western Long Island available.

No thinking person can doubt the certainty of the tremendous expansion that is about to take place in New Jersey opposite the upper half of Manhattan Island.

History has repeated itself too often in the past for one to doubt that it is about to repeat itself again—and for the last time because the section of New Jersey that will be opened by the great new bridge is the last available stretch of vacant land adjoining New York. Were it not that until recently the Hudson River was considered to be unbridgeable this section would have become a second Brooklyn years ago. (*Continued on next page*)



Air view showing the ideal location of Bergen Manor, Bergenfield, New Jersey, as regards the New Jersey end of the Hudson River Bridge now under construction.

Already thousands of canny, far-sighted men and women have provided for the future by seeking and buying land within the area that will be influenced by the new bridge.

If you want to take advantage of this latest and greatest chance to invest in land within a few minutes of New York City, at a price the ordinary individual can afford to pay, if you wish to profit by the tremendous increase in values that is sure to come, you cannot afford to wait. Now is the time to act while the rush is still in its early stages.

Bergen Manor Offers Opportunity To Investors and Homeseekers

Now 40 Minutes—Soon 15 Minutes from New York

Beautifully situated on the New York side of the Hackensack Valley midway between the Palisades whose scenic beauty enjoys world-wide fame, and the limpid waters of the Hackensack River, you could search for weeks and not find a more charming or more desirable spot to buy land either to hold for investment or on which to build a permanent home than at Bergen Manor.

The property, which was held out of the market for years, is surrounded on three sides by the attractive homes of the prosperous community of Bergenfield. New Milford, another thriving community, borders it on the West. In buying in Bergen Manor you become the owner of a valuable property in a healthy, vigorous, growing municipality. The ground is high and rolling. Every single plot in Bergen Manor is high and dry. The soil is loamy, clear and fertile.

A year ago when the first section was opened to the public, Bergen Manor was a vacant tract. Today, the sections that thus far have been offered for sale are dotted with houses in every stage of construction from the newly dug cellar bottom to the finished and already occupied dwelling. Streets are in, sidewalks are in, sewers and water are in, gas and phone and electricity are all in waiting throughout the great sections of Bergen Manor that are now being opened for public purchase.

Plots in Bergen Manor are conservatively priced. The price of each is a true reflection of its present worth. To the buyers will go the enhanced values that proximity to New York has never failed to bring.

If you are interested in making money, if you are looking for a safe investment having almost unlimited possibilities, if you would like to participate in the expansion and prosperity of New York, the business and financial center of this country, let us tell you more about Bergen Manor in the heart of the new bridge zone.

On the right is a coupon provided for your convenience. Simply sign and mail it to us. Upon receipt we will gladly send without obligation on your part either to purchase or even to reply unless you wish to do so, a full and detailed description of the property, maps, photographs, prices, terms, bank references, everything to inform you completely regarding it. With everything to gain and nothing to lose, the moment required to sign and mail this inquiry may be the financial turning point in your life.

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Sales Engineers—Est. 1881

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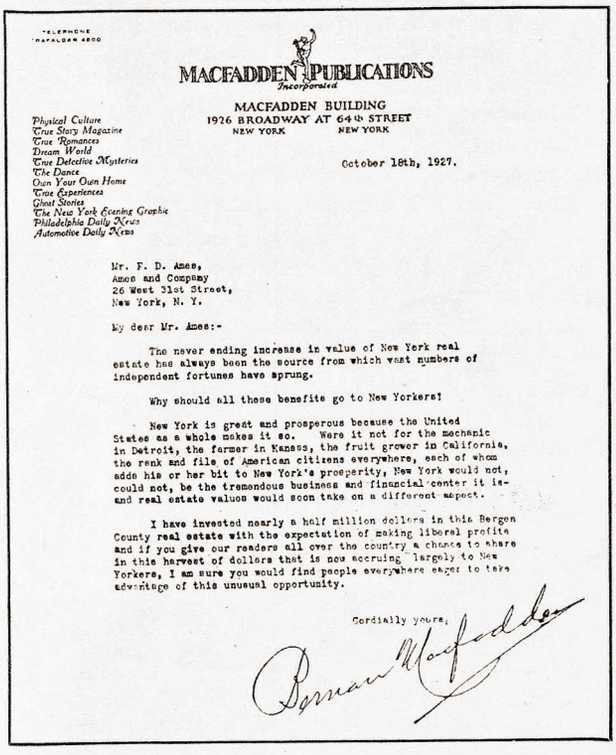


MACFADDEN PUBLICATIONS
Incorporated

MACFADDEN BUILDING
1926 BROADWAY AT 64th STREET
NEW YORK NEW YORK

Physical Culture
True Story Magazine
True Romances
Dream World
True Detective Mysteries
The Dance
Own Your Own Home
True Experiences
Ghost Stories
The New York Evening Graphic
Philadelphia Daily News
Automotive Daily News

October 18th, 1927.

Mr. F. D. Ames,
Ames and Company
26 West 31st Street,
New York, N. Y.

My dear Mr. Ames:-

The never ending increase in value of New York real estate has always been the source from which vast numbers of independent fortunes have sprung.

Why should all these benefits go to New Yorkers?

New York is great and prosperous because the United States as a whole makes it so. Were it not for the mechanic in Detroit, the farmer in Kansas, the fruit grower in California, the rank and file of American citizens everywhere, each of whom adds his or her bit to New York's prosperity, New York would not, could not, be the tremendous business and financial center it is-and real estate values would soon take on a different aspect.

I have invested nearly a half million dollars in this Bergen County real estate with the expectation of making liberal profits and if you give our readers all over the country a chance to share in this harvest of dollars that is now accruing largely to New Yorkers, I am sure you would find people everywhere eager to take advantage of this unusual opportunity.

Cordially yours,

Bernarr Macfadden

The above letter written by Bernarr Macfadden, head of the great publishing company bearing his name to Mr. F. D. Ames, president of Ames and Company resulted in Mr. Ames extending his offering of plots in Bergen Manor from local to national scope. If, after careful investigation, you decide to invest some of your savings in Bergen Manor lots we are confident that within a comparatively short time you will have ample cause to congratulate yourself for having done so.

AMES AND COMPANY, Dept. PC-58,
26 West 31st Street,
New York, N. Y.

Please send me full particulars regarding Bergen Manor. It is understood that in making this request I am obligating myself in no manner whatsoever.

Name.....

Address.....

City.....State.....

"Honestly—you look awful!"

Gloria shouldn't have said it—and yet how *could* she help it!

"WHY, what do you mean?" exclaimed Dot—yet fearing that she did know.

"I mean your complexion. It's getting simply terrible. The crowd used to think that you looked like a million dollars," continued Gloria breathlessly, hoping to help Dot without offending her.

"But really—I mean, with your face looking like a mess, how *can* you go to the dance tonight?"

Tired—Nervous—Sallow? We all get run down when we work too hard or play too much. Soon it shows up in our appearance. Makes us unattractive.

When you have headaches, indigestion spells — when embarrassing skin eruptions appear, think first "Am I constipated?" That's what the big doctors would ask you.

Avoid constipation, so great a handicap socially and in business. Clear away body poisons, bad skin, that "doped" feeling which makes even a social evening seem unattractive. You can have vibrant health—if you *will*.

Easy to keep in trim

For regular, natural intestinal action eat fresh yeast. Just yeast—Fleischmann's Yeast.

At first people said it was a fad.

"Eating yeast for health, imagine!" That's what they said. But thousands ate it and were benefited.

"No more skin trouble." "Indigestion gone." "Now I'm full of pep and go."

They write thousands of letters like that every week, people who have benefited. Many of them were skeptical at first. But they said, "We'll give yeast a chance. Surely it can't do any harm."

A chance. That's all Fleischmann's Yeast needs. But don't try yeast once or twice like a drug or medicine.

Yeast is a food and must be eaten like food—three times daily. Naturally and surely yeast does its work, clearing away health troubles, building true beauty. Gently it softens the contents of the colon. Stimulates the wave-like motion of the intestinal muscles.

As elimination improves, your skin clears up. Stomach troubles are banished. Again the bloom of youth returns. You feel better, look better, *are* better.

EAT three cakes of Fleischmann's Yeast regularly every day, one cake before each meal, or between meals, just plain or dissolved in water, cold or hot. For stubborn cases of constipation physicians say to dissolve one cake in hot water (not scalding) before each meal and at bedtime.

Buy 2 or 3 days' supply of Fleischmann's Yeast at a time from your grocer and keep in any cool, dry place. Write for latest booklet on Yeast in the diet—free. Health Research Dept. O-52, The Fleischmann Company, 701 Washington St., New York.

VOLUME LIX MAY, 1928 No. 5

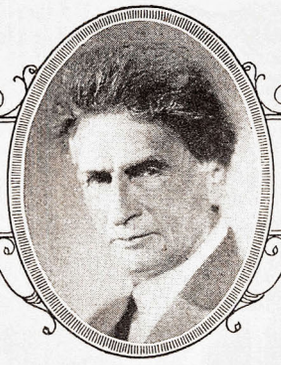


Photo by Nickolas Muray

Physical Culture

Your Best Friend Is Your *Stomach*

By Bernarr Macfadden

SOME people never know they have a stomach. Digestion is carried on so easily, harmoniously, that they have no actual knowledge of the existence of this organ.

Such individuals doubtless consider themselves lucky. But this belief is not always tenable.

If one's stomach is treated with the consideration it deserves, it should carry on its functions unprotestingly.

There are times, however, when a stomach is doped with food to such an extent that it hasn't the power to protest. The nerves which control this organ are incapable of objecting to the ill treatment to which it is subjected.

Therefore, a stomach that goes on, does its work continuously without sounding an alarm, is not always desirable. In fact, a stomach that is often called finicky performs a protective service that is very valuable.

When you have a finicky stomach and you eat too much or consume a meal containing an unwholesome combination, it vigorously objects. Discomfort, and pain that is sometimes severe in character, tell you very plainly that you have committed an offense against this friend of yours. And these unpleasant symptoms warn you to refrain from future mistakes of that nature.

The stomach might be termed part of the first line of defense in the assimilative organism. The blood is made from our food. It circulates throughout the entire body. Its quality is affected by the food we eat.

Some people have such extraordinary vitality they can eat almost anything and still they are nourished in a satisfactory manner. But such people are rare in this generation.

You are usually what your food makes you. What you put into your stomach to a large extent controls the health and vitality of your entire organism. Not only your health, but your very life, depends upon the normal activities of this organ. Therefore, it is indeed desirable to study its needs carefully.

A very abstemious diet or a fast of a few days will usually convert a half-doped stomach into one that might be termed finicky. It develops the ability to more carefully determine its needs. And then you can find out in a reasonably short time what agrees with it.

The sense of ease is usually a good guide, for you must remember that the stomach has the ability to figuratively taste the food put into it. When you have a feeling of comfort, a feeling of well-being after a meal, it is your stomach that gives you this pleasant experience. And when you feel uncomfortable, sour and moody after eating a meal, it is easy to find the cause. It is a protesting stomach. You have eaten too much or too fast or have committed some other dietetic sin, and you have to suffer the associated discomfort.

It is indeed desirable to try to acquire a finicky stomach or one that is so delicately acute in its sensibilities that it tells you in no uncertain language when you have made a dietetic mistake. Then, with an ordinary amount of knowledge of food value you can begin a process of feeding your body that should ultimately work out greatly to your advantage.

When your stomach possesses a proper degree of sensitiveness it will always tell you when it has been abused. Remember it is a part of the first line of defense against dietetic mistakes. And when you smother the sensibilities of this important organ by overeating or other dietetic blunders, it often means that a disease more or less serious in nature will ultimately intervene.

But with a stomach possessing nerves delicately acute, your dietetic mistakes can be discovered before they incur penalties that bring on serious and sometimes deadly diseases.

Why HUSBANDS *Lose Their* WIVES

MARRIAGE is often an adventure in an unknown field. It is always a gamble, even at its best.

There are very definite causes back of the associated difficulties.

In the February issue of this magazine some very dependable information was presented on "Why women lose their husbands."

And some of our readers are desirous of knowing why husbands lose their wives.

Now MARRIAGE IS THE WORLD'S GREATEST INSTITUTION.

We usually enter this phase of life with blissful anticipations. Supreme happiness is supposed to be just ahead. The longings of a lifetime will be appeased, we think.

The definite causes of the unhappiness which frequently results therefrom, assumes very great importance.

I stated in the editorial referred to that WIVES LOSE THEIR HUSBANDS principally because of their FAILURE TO MAINTAIN THE VITALITY AND VIGOR essential to retain their feminine charm.

When ill-health ensues, the light of love that glows in lustrous eyes is very much dimmed. It is sometimes blurred out altogether.

And we will have to freely admit that the same physical causes operate, though to a somewhat lesser extent, with husbands.

When a husband fails to maintain his body in a wholesome, vigorous condition, the pleasure is all taken out of life for him.

A SOUR STOMACH USUALLY BRINGS A SOUR DISPOSITION; and one is crusty and unpleasant to everybody under such circumstances.

And wives find such husbands especially hard to live with. They may restrain their ill-feeling before friends and neighbors, but they are their natural selves to their wives.

But there are other factors of perhaps equal importance in bringing about marital tragedies due to the faults of the husband.

The tender consideration that is so noticeable during sweetheart days often disappears when marriage intervenes.

"Why run after a street car when you have caught it?"

Why bother with the extreme courtesies and niceties of life when they do not bring you additional profit of some sort?

This is the extremely selfish viewpoint that some men acquire after marriage.

And where wives have husbands of this sort, they ought to assert themselves in such an emphatic manner that husbands will be made to see the necessity of changing their attitude.

The love making that is so thrillingly delightful previous to marriage often ceases altogether very soon thereafter.

And WIVES, no matter how long they have been married, WANT TO BE APPRECIATED. They do not want to acquire the impression that they have thrown themselves away on their husbands. They want him to continue to believe that he has won a great prize.

And prizes of this kind are not something you should lay aside and forget. It sometimes takes more effort to keep than it does to win them.

MOST MEN SOON FORGET TO WOO AS

Message this Month, Tells

Most men soon forget to woo as they did before the honeymoon was over

THEY DID BEFORE THE HONEYMOON WAS OVER. They quickly drift into the attitude of old married people.

And then there is that old-time devilish idea that once a man has married a woman he owns her body and soul, that she is his property and that she must abide by his decisions regardless of their nature.

MANY men lose their wives by following such an unwise and unjust policy.

A WIFE IS ENTITLED TO HER OWN PERSONAL VIEWPOINT. She has certain instincts and emotions which must be considered. Many husbands ride roughly over the wishes of their wives. They do not give their viewpoint the consideration which it deserves.

And then the happiness which they anticipated in their married life is rarely realized and never maintained for a prolonged period.

Femininity should really have the privilege of guiding the intimate details of married life. Women possess certain instincts which enable them to perform this important task with unusual ability.

And when a husband proceeds to outrage feminine nature by demanding his own way under any circumstances, he is liable to lose the love that he should value so highly.

The poetic phrase "two hearts that beat as one" is beautiful. But the personalities of wives and husbands in many instances do not harmonize.

THERE are certain phases of married life where the husband should be dictator, at least as they pertain to the means and methods that have to do with supplying the financial needs of the household; but IN THE PRIVATE SANCTUM OF THE HOME THE WIFE SHOULD USUALLY DOMINATE. It may be necessary sometime for the husband to control the finances; but in all matters pertaining to their intimate personal lives, feminine instinct should be accepted as the final guide.

Where husbands ignore this very definite principle, they often have to accept severe penalties.

And we must remember that the love between husband and wife is not something that can be controlled just as you would your occupation. It is a delicate, extremely sensitive factor that comes and goes in accordance with the personal attraction of each for the other.

A man cannot compel himself to love his wife, no matter how much he may desire, when love has disappeared. A woman cannot compel herself to love her husband if her affection for him no longer exists.

THE ONLY WAY AFFECTION CAN BE BROUGHT BACK IS TO CREATE SIMILAR CONDITIONS IN THE PERSONAL AND PHYSICAL LIVES OF HUSBAND AND WIFE THAT LURED THEM IN THE FIRST INSTANCE.

And there is the economic principle in marriage. The husband is usually the breadwinner. The wife has to look to him for support. There is usually no other source to which she can apply. And, deplorable as it may seem, wives often lose their love for their husbands, and still they have to live with them and endure the associated soul-searing misery.

No matter how much wives may try to hide the change in their feelings, it is sure to be detected.

And here we have a tragedy which no words can fittingly depict. Sometimes children help to make a situation of this kind bearable, or else the dull monotony of existence goes on to its end.

In such cases a husband may still have his wife, but he has lost her just the same. Like a dead thing she clings to him, and often they both suffer on in silence.

In not a few instances wives and husbands find affinities outside of their home life, and the associated tragedy is hidden from the outside world.

But husbands who have won sweethearts that appeal to the uttermost depths of their natures, should try to TREAT THEM (*Continued on page* 89)

PRIZE-WINNING Diets—

Helen A. Phalen

My *Thirty-Day* Diet Test

By Helen A. Phalen

First Prize Winner, Cooked Diet

I AM a girl, age twenty-five, five feet three inches tall, weigh one hundred and twenty pounds of hard, strong muscle, no fat, and enjoy perfect health. I have an inexhaustible supply of "pep." In fact, my friends marvel that one so active is never tired. I always tell them that if they, too, would eat a carefully planned diet of well-balanced, easily digested foods, and get plenty of exercise, they would have "pep galore," bright eyes, shiny hair, and good clear complexions, with fewer doctor and drug-store bills.

I am happiest when outdoors on a long hike or a mountain climb. I try to walk at least four miles every day and usually it is eight or ten miles. I teach in a large rural school about three miles from town. I walk both ways and am on my feet practically all day from 9:00-3:30. I sleep from about 11:00-6:00, when I wake up, without an alarm, rested and "full of pep."

I am submitting herewith a list of the actual amounts of foods I ate during the 30-day test. I was rooming and light-housekeeping at the time. I had a good variety of foods and so I did not tire of any one. My meals were simple but well-balanced and attractively prepared. As this is my regular diet, I neither gained nor lost weight during the 30 days.

I am also submitting a few menus. The sum of $8.47 for thirty days is $.28 1/30 a day times 7 is $1.97 19/30 or $1.98 a week.

Sample Menus

Breakfast

1. Monday, Prunes, cooked wheat cereal, graham toast, cocoa.
2. Tuesday, ½ orange, oatmeal-bran, 1 bran muffin, decaffinized beverage.
3. Wednesday, prunes, shredded wheat, bran, griddle cakes with honey, cocoa.

Luncheon

1. Cream potato soup, graham croutons, apple salad, graham crackers.
2. Vegetable soup, toasted cheese sandwich, cocoa.

Dinner

1. Tomato omelette, boiled carrots, lettuce with mayonnaise, 1 bran muffin, milk, raisins.
2. Creamed eggs on toast, baked potato, boiled onion, apple salad, graham crackers, orange custard.

(*Cont. on page* 121)

Milo Hastings' Comments *on* Helen Phalen's Diet

MISS HELEN PHALEN, a rural school teacher near Ossining, New York, wins the first prize for the best all-round cooked diet. Considering the variety, tastiness and healthfulness of this diet, Miss Phalen kept her cost down to a very low figure. Calculated by our national average prices this was $8.42 for thirty days or 28 cents per day. Her actual cost at Ossining was $8.47, missing by five cents our recalculated costs. She bought very economically for her locality. But the figure on which her economy is really rated is not the total cost, but the cost per thousand calories which was only 14.6 cents.

She achieved this low cost by food selection and by clever yet simple cooking. Some of our readers may be surprised at the item of white flour found in this first prize diet. Miss Phalen used this white flour for the making of bran muffins and bran griddle cakes, and the proportionate quantity of bran used in this diet puts these tasty warm breads in the equivalent class of whole wheat products. Moreover, she used exclusively whole grain products in her other breads and cereals.

As compared with Mr. Wood's uncooked diets Miss Phalen achieved a slightly lower cost per thousand calories, chiefly by the use of more fats. She also used less sweet fruits and the total element of fruits and vegetables is not as great as we might suggest for an ideal healthful diet. Something was, perhaps, sacrificed for economy here. However, sufficient vegetables and fruits are used when considered with the (*Continued on page* 122)

Cooked *and* Uncooked

RAW, *If You Please*

By Arthur C. Wood

First Prize Winner, Uncooked Diet

Arthur C. Wood

NO, thank you, I don't care if I never taste another cooked food! Of course, having friends, and not wishing to be impolite when eating with them, I occasionally swallow a conventional meal, but I don't get the kick out of it I used to. For, since striking Physical Culture in the Spring of 1924, I have gradually worked away from society's soft and denatured foods, until now I no longer relish them.

Incidentally, I have discovered that the most expensive natural diet one could want is cheaper in the end than the cheapest conventional diet. Before shaking your head to my statement, consider that I no longer need doctors, dentists, or medicine; that the preparation and clean-up of my meals take but one tenth of the time they did formerly; and that I am happier, more efficient in my work, and possessed of higher morals. Moreover, if you buy wisely, a true Physical Culture diet will cost much less than most people pay for their food, regardless of savings in other ways.

I remember distinctly the gloomy outlook on life that I held as a High School student. The world was a dreadful place, and the boys and girls were going from bad to worse. I had no interest in athletics or in girls. Instead of putting my mind on my studies, I used to sit and think of the reforms needed, and conjecture how bad things would be when I got to be a man. I was not lazy, but although I spent more time on my lessons than my schoolmates, I never seemed to finish them on time. One of my teachers told me I was a brilliant student and had great possibilities, but was a terrible procrastinator. Had she said I was an under-nourished weakling, she would have been more accurate. Not that I ate too little, but that I ate the wrong foods, and got very little exercise and fresh air.

Now, at the age of 21, everything is different. And I owe the improvement to my 3½ years of gradual adoption of Physical Culture. Note the "gradual." Too rapid a change in your living habits will cause a setback. If you are accustomed to the usual bill of fare, do not try to jump immediately to an exclusive raw food diet. A few at a time, eliminate the undesirable articles from your menu, and substitute natural foods. If your health is in a serious condition,

(*Cont. on page* 124)

Milo Hastings' Comments *on* Arthur Wood's Diet

THE first prize for an uncooked diet goes to Mr. Arthur C. Wood, a twenty-one-year-old substitute mail carrier of Glenside, Pennsylvania. Mr. Wood used no cooked foods of any kind. He ate his two grain foods raw in the form of rolled grains. This fact, however, was not considered as any particular cause for preferment because we had stated that whole wheat bread and prepared cereals would be permitted in the uncooked diets, and we have awarded other prizes for "uncooked diets" in which these permitted cooked items were used.

Mr. Wood's diet is simple, consisting of twenty food items, and it requires very little trouble in preparation which is an added element of practical economy. Yet the diet is tasty, consisting of the items from each major food groups that are most tasty in the uncooked forms. With the exception of the uncooked grains and eggs, for which some people would have to cultivate a liking, all these foods are highly palatable in the uncooked state even for those who subsist on cooked foods.

As to the matter of healthfulness it should be pointed out that Mr. Wood is an active young man who stands nearly six feet in height. His total calorie consumption is 3,100 calories per day, which amount of foods he evidently needs and fully utilizes. This fact makes it possible for him to be completely nourished and fully protected dietetically on a diet of high calorie or energy foods and which contains only moderate

(*Continued on page* 123)

¶ Milo Hastings, Reporting for the Judges Who Examined All Diets Submitted in the Diet Contest, Tells

What People Eat

OUR Diet Contest was a glorious success. The prize winners are announced on this page below. The two first prize reports are published in full. Then ten other winning reports will appear in succeeding issues.

Interesting and valuable as are these twelve winning reports, they form but a small part of the rich fund of information and practical suggestions which we have derived from this contest and which we shall pass on to our readers.

We received nearly four hundred and fifty reports of thirty-day diet records; two hundred and fifty-six cooked, one hundred and eighty-two uncooked. Of these about two-fifths were from men, three-fifths from women. Contestants sent letters in from China, Egypt, New Zealand, India, Alaska, and other countries far removed from the United States.

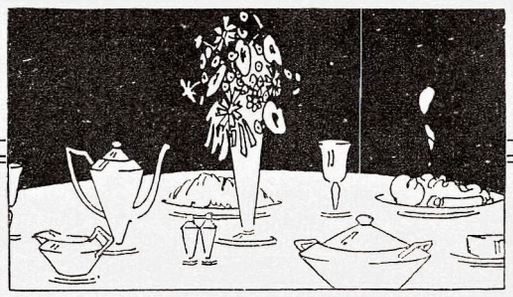
The majority of them are excellent, and I only wish we could publish not twelve but several hundred of these interesting diets. But that would crowd everything else out of the magazine for years to come.

So there has been assigned to me the rather colossal task of studying, tabulating and digesting this wonderful fund of information and passing it on to you.

I can only present a general survey and explanation of the contest in this issue, but will continue in subsequent articles, accompanying the other prize winning reports, to discuss in greater detail the various important facts and principles of practical food selection which these five hundred physical culturists have demonstrated.

I have never seen, nor do I believe there has hitherto been collected, a better group of actual menus and complete diet records anywhere in the world. A little consideration of the statement just made will show you that it is not mere editorial bragging of what we have to offer our readers. All pub-

(*Continued on page* 128)



PRIZE WINNERS OF DIET CONTEST

COOKED DIETS

FIRST PRIZE $200.00

Helen A. Phalen,
Ossining, New York

SECOND PRIZE $100.00

Mrs. Will Houghton
(Diet for 16 year old son)
Norton, Kansas

THIRD PRIZE $50.00

C. A. Forste,
Carthage, Missouri

ECONOMY PRIZE $50.00

Loren E. Slocum,
Faith, South Dakota

TASTINESS PRIZE $50.00

Ruth E. Holden,
Boissevain, Manitoba

HEALTHFULNESS PRIZE $50.00

Mrs. W. T. Edwards,
(Diet for her husband)
Cisco, Texas

UNCOOKED DIETS

FIRST PRIZE $200.00

Arthur C. Wood,
Glenside, Pennsylvania

SECOND PRIZE $100.00

David S. Steinbaum,
Kirksville, Missouri

THIRD PRIZE $50.00

J. V. Dozier, M.D.,
Moulton, Texas

ECONOMY PRIZE $50.00

H. G. Prince,
Lake Placid, Florida

TASTINESS PRIZE $50.00

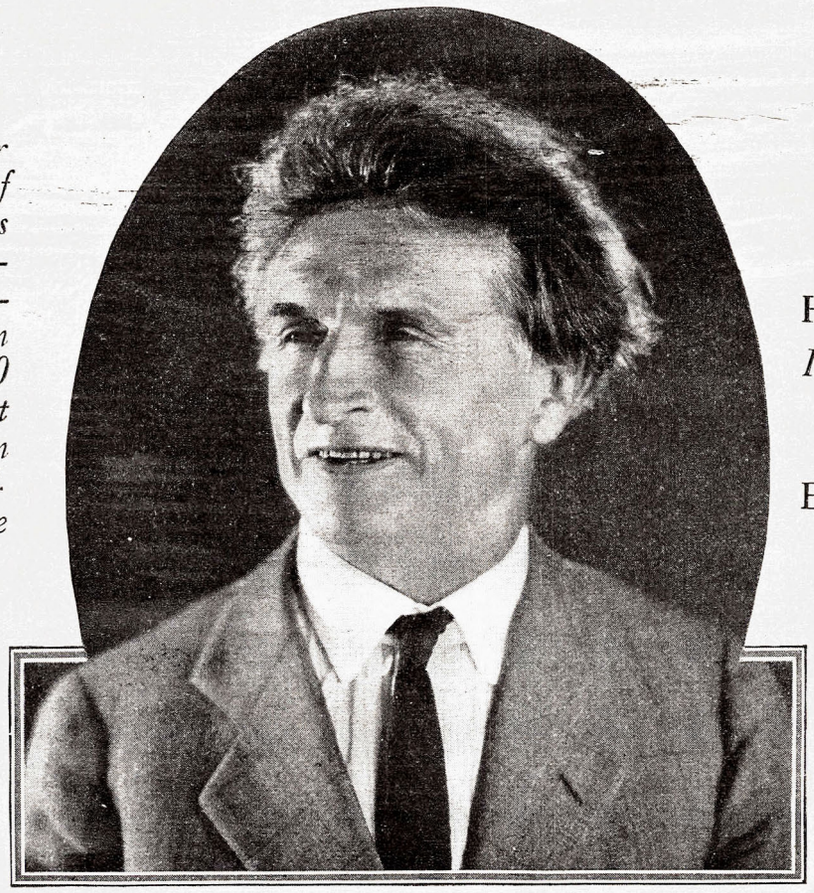
Mrs. Caroline V. Styputa,
Conemaugh, Pennsylvania

HEALTHFULNESS PRIZE $50.00

La Verna Winship,
Wolf Point, Montana

INSURED *for* a Million Dollars *in* His 60th Year

What Greater Endorsement of the Principles Bernarr Macfadden Has Represented, Than the $1,000,000 Gambled against His Death Taken by Five Outstanding Insurance Companies?



An Interview with
Harvey P. Miller,
Insurance Agent,

By
Edwin A. Goewey

"Few men of his years seeking large life insurance ever passed a medical examination with such amazing results"

RECENTLY I placed $1,000,000 insurance on the life of Bernarr Macfadden.

He carries much additional life insurance—most of it taken out years ago—for the benefit of his family. He obtained the $1,000,000 insurance in question to protect the great publishing concern of which he is the head. It is a liquid asset which will prevent any loss or interruption of business in case of his death.

However, the fact that Mr. Macfadden took out policies totaling that great sum at one time is not, in itself, a sensational occurrence from the viewpoint of the insurance world. Many other men have insured themselves for similar sums. And other heads of large corporations have taken out policies for considerable amounts to protect their business and the stockholders.

The unusual feature, the outstanding fact of interest, is that Bernarr Macfadden obtained this large amount of life insurance *when he was in his sixtieth year.* This is one of the few cases on record of such an amount of insurance being placed on the life of a man three score years old.

Obviously the companies that insured Mr. Macfadden considered him an ideal "risk." Despite the fact that he had lived nearly sixty years, they were satisfied he was in perfect health and possessed an absolutely sound body.

In addition to the foregoing, there are other facts in connection with the issuing of these policies worthy of particular note.

Mr. Macfadden's policies were issued by exactly five companies—the Mutual Life, the Equitable Life, the Connecticut Mutual Life, the Providence Life, and the Penn Mutual Life—and not by a dozen or more companies as is most frequently the case when an unusually large amount of insurance is issued to a single individual.

Mr. Macfadden went through only ONE examination each by two doctors, selected by the five companies. His physical condition was such that—contrary to custom when large insurance is written—no further examinations were necessary.

His blood pressure was found to be 138, a truly amazing figure for a man of his years, particularly one who has devoted so much of his time to taxing business ventures.

His heart, lungs, kidneys, and other organs took an equally high ranking with his blood pressure.

His weight was exactly what it should be.

Additional urine was examined because of need of more density, but the result was perfect. Usually, in similar circumstances, each company makes a separate urine examination.

Or, to sum it up, Bernarr Macfadden passed the tests with practically perfect marks. Few men of his

years seeking large life insurance ever had passed a medical examination with such amazing results.

How many other men, irrespective of their ages, would be granted $1,000,000 life insurance after but a single medical examination and one real urine test? Very few. The fact that the five great companies agreed to a single examination in this instance, was an indication of their belief in the man. They were familiar with his physical culture doctrine; knew that he had lived in accordance with his preachments. They anticipated he would pass with a high score.

THE results of the examination and tests and the issuance of the insurance afforded me no small measure of satisfaction; possibly second only to that felt by Mr. Macfadden. For they constituted the strongest possible endorsement of his ideas; they were a verdict from a court of highest authority, that he was just as good physically as he long had contended he was—made so by practicing what he preached.

Facts speak for themselves. On applying for his insurance, Mr. Macfadden was asked: "State every physician or practitioner who has prescribed for, or who has treated you, or whom you have consulted in the past five years, serious or not serious." His emphatic answer was, "None!" "State weight gained during the pastyear."—"None." "State weight lost during the past year."—"None." "How long has weight been constant?"—"Ten years."

Of particular importance was the emphasis that appears in Mr. Macfadden's own handwriting on the application when he answered the question, "If a total abstainer, how long have you been so?" Boldly, in larger characters than all of the other answers, appears the word "ALWAYS."

I have known Bernarr Macfadden for a great many years; been in intimate touch with his personal and business life. Consequently I never entertained the slightest doubt that he would be able to meet any health test. But there were others who did not share my faith. Hence my elation at being able to say truthfully: "I told you so."

It was about thirty years ago when the publisher suddenly came to the fore with his revolutionary health doctrine. So startling were his theories that he commanded wide attention almost upon the instant.

But he was not permitted to advance his propaganda without encountering the most stubborn and prejudiced opposition. Critics and objectors sprang up on all sides thicker than mushrooms. The names he was called would fill volumes; the arguments advanced against his preachments would crowd libraries. Those who merely denied every statement he made concerning the proper methods for promoting good health and called him a "crank," were among the mildest of his critics. And one and all of the objectors agreed that physical culture was but another name for suicide and that he and those who obeyed the canons of his health laws were taking short cuts to the grave-yards.

Mr. Macfadden contended that all medicines were poisons—some being more deadly than others—and should not be taken into the human system. Strict observance of the natural laws was his substitute as the proper curative method for physical ailments.

That argument was put down as "sheer insanity." It was madness to argue that the ill could be cured without medicines, said his critics.

He advocated keeping open the windows of sleeping apartments, in winter as well as in summer; urged people to go about in the open without hats as much as possible. That preachment was dismissed with a declaration that such a course would be deliberately courting pneumonia. (It is not out of place to insert a line right here calling attention to the fact that today public school pupils are being advised by their teachers not to wear hats, winter or summer.)

He urged a cold shower and a brisk rubdown each morning immediately after taking some "waking up" exercises; winter and summer. Cold baths were damned as an agency certain to cause severe colds, pneumonia, tuberculosis, and what not.

He advanced arguments for deep breathing before open windows or out-of-doors, winter and summer; exercises in the open, long walks daily, fasts of several days when a person's stomach became "out of order" through improper eating or other causes; annual or semi-annual fasts to rid one's system of accumulated poisons, and the elimination of red meats, pastries and other injurious foods from the daily menus, as well as total abstemiousness from alcohol and other poisonous habits.

THESE suggestions were denounced as the "vaporings of a crank," and dire prophesies were made concerning those who obeyed the injunctions. "They would pay with anaemic bodies, sapped vitality, and lost vigor."

Of course many of the critics and objectors were driven to cover long ago. Today physical culture is an established institution, (*Continued on page* 88)

The Creed *Followed by* BERNARR MACFADDEN, That Brought Him a Million Dollar Endorsement in His 60th Year

First: Pure air and sunlight whenever obtainable; thorough ventilation of living rooms.

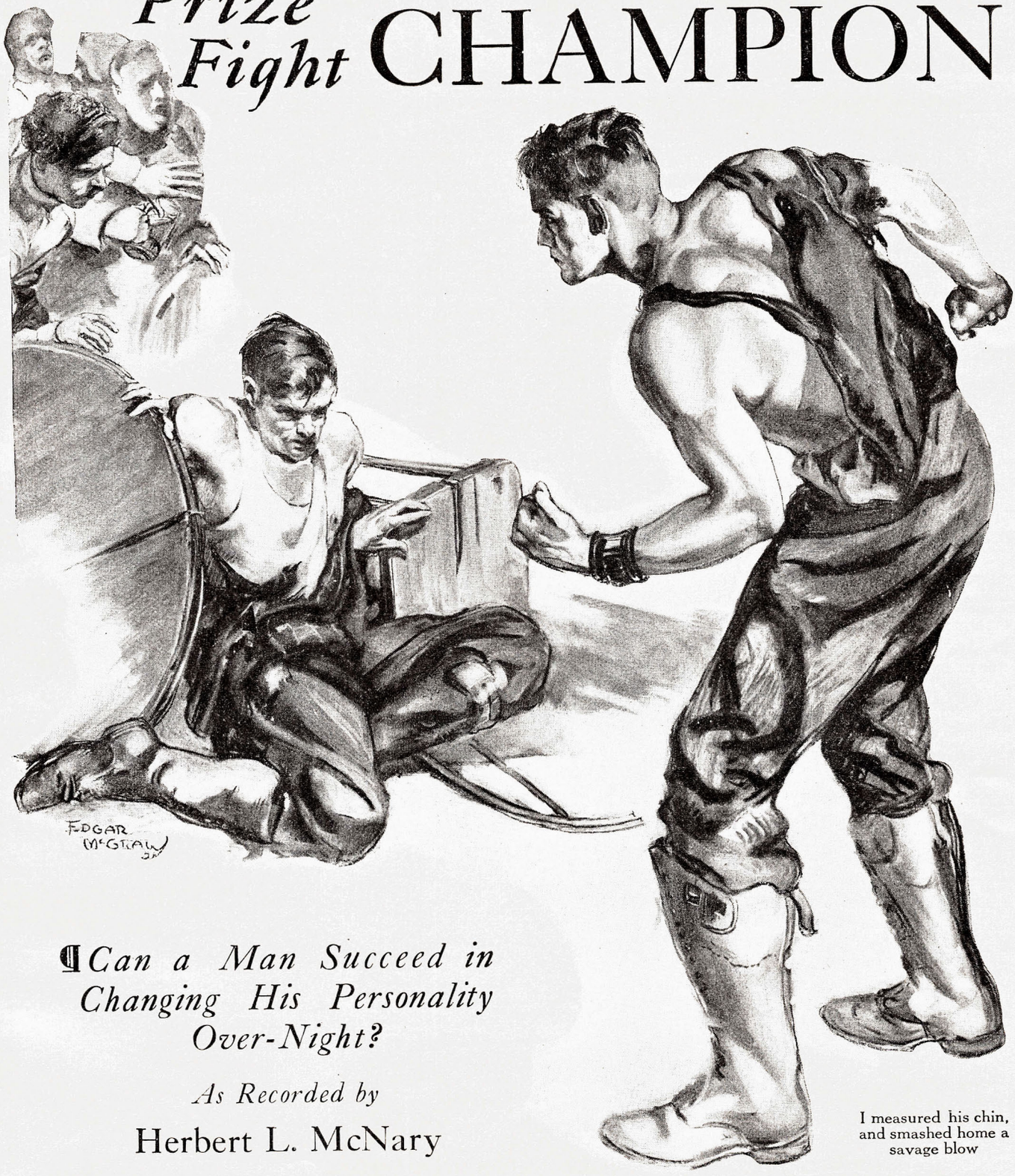
Second: Wholesome diet of vital foods, well masticated, eaten only at the dictates of a normal appetite; frequent fasting of a day or two if needed.

Third: Reasonably regular use of the muscular system throughout the entire body, in work, in the gymnasium, on the athletic field, or otherwise.

Fourth: Thorough cleanliness, which requires frequent baths—cold baths for a tonic, hot baths for cleanliness—though dry friction with the open hands, brush or towel is also valuable.

Fifth: Right mental attitude; thinking is a powerful factor in maintaining vital health, and can be constructive or destructive. The mind can build up or tear you down.

CONFESSIONS *of a Prize Fight* CHAMPION



I measured his chin, and smashed home a savage blow

¶*Can a Man Succeed in Changing His Personality Over-Night?*

As Recorded by

Herbert L. McNary

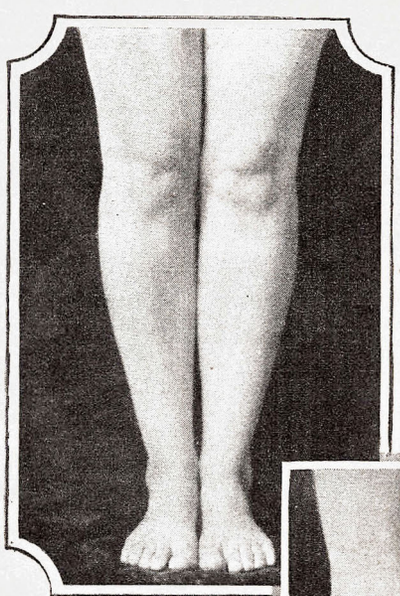
I'VE knocked about the world considerably, but I never came within striking distance of fame until I signed on as a sparring partner to a champ when stranded. An argument over a girl, Goldie Delroy, revealed my punching power. In a matter of months a manager named Mooney signed me and piloted me to the heavyweight title.

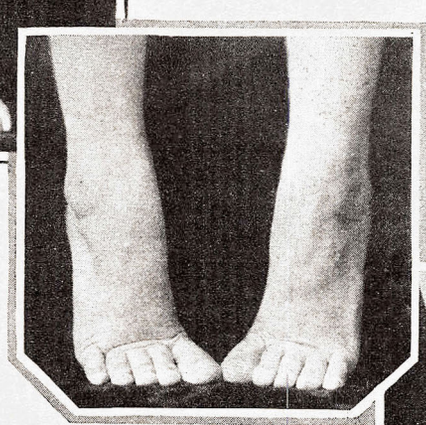
As a champion the public turned against me, seeking a successor. Heart-breaking taskmaster, the public! People used me more than once for personal advantage, and involved me in scandal to profit by publicity. What a boob I was. Success had turned my head, I guess. I signed with Red Graney, a contender; but before the fight I discovered that Mooney was a crook. I broke with him; Mooney harassed me with law-suits and injunctions. Then Goldie Delroy revealed her true character; she was married all the time she strung me along. Well, to make a long (*Continued on page* 90)

You Can Have *Perfect* FEET

THE tragic thing about poor feet is that most of us were born with perfect feet. Somewhere through the years many people exchange these beautiful, pain-free baby feet for ugly, pain-racked feet that have wandered far from the original pattern.

It has been as much the harmful things that I have omitted doing, as the beneficial things I have done, that have preserved for me my good feet. However, from early childhood my feet were taught in the way they should go. They were permitted a great deal of freedom. I was foot free until I was twelve years old. I was raised on a tropical island in the South China Sea. The weather was hot the year around. I followed the example of the natives. I went barefoot all of the time, except upon the occasion of a rare party or visit. There were no cement pavements in that country. I pattered around on clay paths and green grass. The soles of my feet became very tough under this constant use. I could walk on pebbles and sharp rocks without discomfort.





"In developing your feet, you also develop your whole leg." (Right) The toe spread produces general strength. (Extreme right) The heel rise relieves calf cramps from high heels

In those days one of my pet ways of being mischievous was to pinch my brother with my toes. I even took the occasion when company was at the dinner table to reach under the table and give him such a severe tweak that he could not help crying out. He would be reproved for this, much to my delight. Later I would be challenged to a good-natured foot fight. We would pinch each other with our toes, step on each other's feet, kick, and scramble in regular kid fashion.

On our furloughs to this country, my relatives remarked upon my agile little feet. Sometimes my uncles would put a dime on the floor and tell my brothers and sisters and myself that the first one who could pick up the dime with the toes could have it. A scramble of feet would follow. Often I came out with the dime firmly clasped either between my toes or under them. All of this play gave my foot muscles valuable exercise when I was a child.

At twelve years of age we came to America to stay, and from then on I wore shoes most of the time. But my good feet were preserved by a far-sighted mother. My mother was much ahead of her times in matters of health. One of her hobbies was that my growing feet should be properly shod in shoes that did not crowd my toes, just as she insisted that my developing figure should not be encased in a constricting corset. She disapproved of tight waists, tight collars, round elastic garters, in fact any clothing that hampered the free motion of the body. I was sometimes considered an oddity because of the sensible shoes I wore, and my freedom in dress. Many, many times since then I have been thankful for mother's insistence upon these things. I have had exceptionally good health.

My feet got a good start in those days of early training. They developed a strength that has wrecked many a modish shoe. The muscles in my feet must have full play, and those muscles are powerful. Every improperly fitted shoe that I have ever worn has split out, run over, spread, and generally gone to pieces in a remarkably short time. My closet floor has been cluttered with casualties, but, thank Fortune, my feet were not among them. Now, however, I make every effort to get the best type of shoe. I like to wear a boy's barefoot sandals around my house. I find these conform very nearly to the natural shape of the feet. The low-cut, perforated vamp of the sandal permits a free circulation of air around the foot, which prevents excessive sweating and insures foot comfort and well-being. I have no difficulty in wearing a heelless shoe. I enjoy the feeling of stability and the correct balancing of the weight of the body the flat-soled shoe gives.

Photographs posed by the author

My feet have given me pleasure outside of the fact that they have been free from the pains and aches of most adult feet. The skin of the foot, like the skin

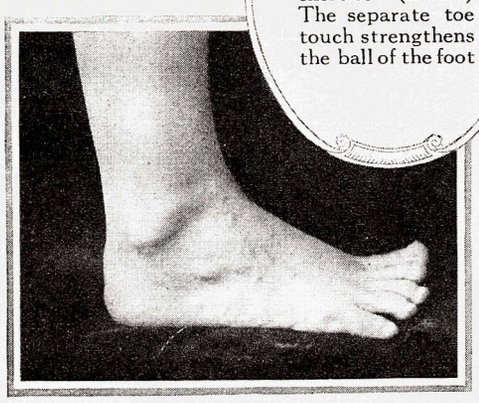
¶ *Also, You Cannot Neglect Your Feet and Have Good Health*

By
Clare Arden

Who is Known as the Girl with the Perfect Feet

of the hand, is equipped with more sensory endings than other parts of the body. Human feet, constantly encased in shoes, are losing their ability to feel. I have found keen enjoyment in walking barefooted in dew moistened grass on a summer's evening. Try it sometime and watch the spring-like blades of grass give your feet a gentle massage that leaves them warm and glowing. The sensation of little cold drops of dew falling on my instep gives me a real thrill.

Another thing that I find good for and pleasing to the feet, is walking in warm sand. I live near a lake. During the summer months I enjoy swimming. The people in the neighborhood of this lake put on their bathing suits at home and walk to and from the beaches. My home is on the opposite side of the lake from the bathing beach. Instead of following the beaten path, I prefer to walk around the edge of the lake on the sandy shore next to the water. I make this quarter of a mile walk in my bare feet. The feeling of the sand is pleasant, and it is sufficiently rough to bring the blood tingling to the surface. I find sand especially good for the arches of the foot. It molds up into the cavities of the sole and gives a gentle pressure up into the arches. People with overcrowded feet, with resultant broken anterior arches, will find walking barefoot in sand a great relief, and often a remedy. Try this simple means of improving your feet.



Describing a circle with the foot (above) is an excellent limbering exercise. (Below) The separate toe touch strengthens the ball of the foot

I am interested in the theory that direct contact with the earth causes a discharging of electrical currents in the body, resulting in a soothing and beneficial effect on the nervous system. My bare feet have been much in contact with the earth. I have never been troubled with "nerves", as are so many women of today. I believe there is a relationship between my walking barefoot on the ground and my steady nerves.

Good feet are worth working for, because of their bearing on good posture. Can you imagine anyone succeeding in keeping the "chest out, back in" posture that the army insisted on, with corns, bunions, and broken arches? It is surely significant that poor feet disqualified a man for joining the army. Good posture means the proper spacing and position of internal organs, with resulting good health and efficiency. Help your feet to hold your body straight.

In developing your feet, you also develop your whole leg. The tendons of the muscles that form the calf of the leg attach to the bones in the foot. Free playing, firmly rooted, strong tendons in the foot create well rounded, sturdy, competent leg muscles. Improve your feet and see how quickly the gracefulness of your walk, the agility of your dancing, improve. Good care of your feet will benefit your whole body.

If your feet are good, treasure them. You can keep them good by wearing shoes that *fit*. Shoes that combine correctness of mold with stylish appearance are on the market. Insist on them when you buy your shoes! Also, give your feet a little freedom and exercise once in awhile. If your feet are not as good as you would like them to be, there are ways of improving them. A little effort will be rewarded.

But let me give you a warning about improving your feet. The foot is a delicate and intricate mechanism. Probably years have been consumed to get them into bad shape. You can't change them back to normal overnight. It is unwise to give a cramped and misshapen foot violent and prolonged exercise. Begin gradually to work back to foot health.

It is unwise for a woman who for years has worn high-heeled, narrow shoes to change suddenly to a sandal. The muscles of her legs have been actually shortened by high heels. Suddenly to wear no heel at all, will be very uncomfortable. She should decrease the height of her heel gradually. A wide toe shoe for a cramped foot allows the ball of the foot to spread too rapidly. The muscles connected with the toes lack the proper muscular tone. They are weak and fail to hold the bones in place. The anterior arch breaks down. Before making a radical change in the type of shoe you wear, build up the muscles of your foot with proper exercises. Then make the change gradually.

(*Continued on page* 86)

Heart Disease Can Be Cured

¶ *Diet, Rest, Massage, Exercise, and Optimism, Point the Way. Learn How*

By
O. Q. Ewing, M.D.

Doctor O. Q. Ewing, who has been practicing scientific physical culture for a number of years

DOCTOR EWING has been an advocate of scientific physical culture since he was fifteen years old. Many patients who have come to him professionally, have been put on special diets, and have been given a general regime of physical culture to follow, with no other treatment prescribed. In every case in which he has been able to induce a patient to follow his instructions, he says he has obtained good results. He has been especially successful in treating diseases of the heart. The following outline he recommends to victims of heart disorder. —The Editor.

IN the treatment of a bad heart condition there are several things to be considered, namely: Diet, rest and sleep, hydrotherapathy, massage, exercise, occupation, recreation, mental habits, and regularity and moderation in everything.

DIET—First and of greatest importance, *never overeat.* A safe rule is to leave the table a trifle hungry.

Leave off tea, coffee, alcohol, and other poisonous intakes entirely. They are drugs and not the proper drugs for an abnormal heart condition.

Raw eggs and milk are very nourishing and easily digested. If you do not like them, you can and should cultivate a taste for them. Beat the egg thoroughly before mixing with the milk, and the drink will be more palatable. Sip slowly. Other approved items on your diet list are broths, buttermilk, plenty of juicy fruits, succulent vegetables, whole wheat bread, cooked eggs for a change—soft boiled or poached but not fried. Avoid all fried foods, as they are hard to digest. If meat is eaten, let it be lamb, chicken or fresh fish, and served with non-starch vegetables.

The first meal of the day should consist of fruit or fruit and milk; the second meal, one starchy food, butter or oil, succulent vegetables; the third meal, cooked or raw succulent vegetables, to be eaten not later than five p. m.

All solid and semi-solid food should be thoroughly masticated.

Make it a point to cultivate cheerful thoughts during your meals. This is important. If tired and nervous, do not eat. Wait until rested and relaxed.

Avoid exercise for at least one-half hour after meals.

REST AND SLEEP—Sleep as much as possible—ten hours or more out of the twenty-four. Sleep is more important than food. If you cannot sleep the full ten hours at first, stay in bed the full ten hours and rest. The rest will do you almost as much good as sleep if you relax and do not worry about inability to sleep. Practice relaxing all the muscles of the body.

Relax the brain also. Do not lie in bed and make plans for the future. Don't think about the past. It is gone, never to return. You went to bed to rest and sleep. You can make your plans tomorrow. When you go to bed, think of nothing but rest and sleep. Take a few deep breaths after relaxing the body and fill the lungs with fresh air.

FLOOD your bedroom with sunshine by day, and with fresh air at all times.

A glass of hot milk at bedtime may help to induce sleep. Or, if reading is a favorite recreation, read a short but not exciting story. Or, if you are of the good old fashioned school, read a chapter of your Bible.

If a dropsical condition has set in, rest in bed until it is overcome. Then add another hour of rest to the prescribed ten.

If blood pressure is high, remain in bed until it is reduced, not even getting up to go to the lavatory.

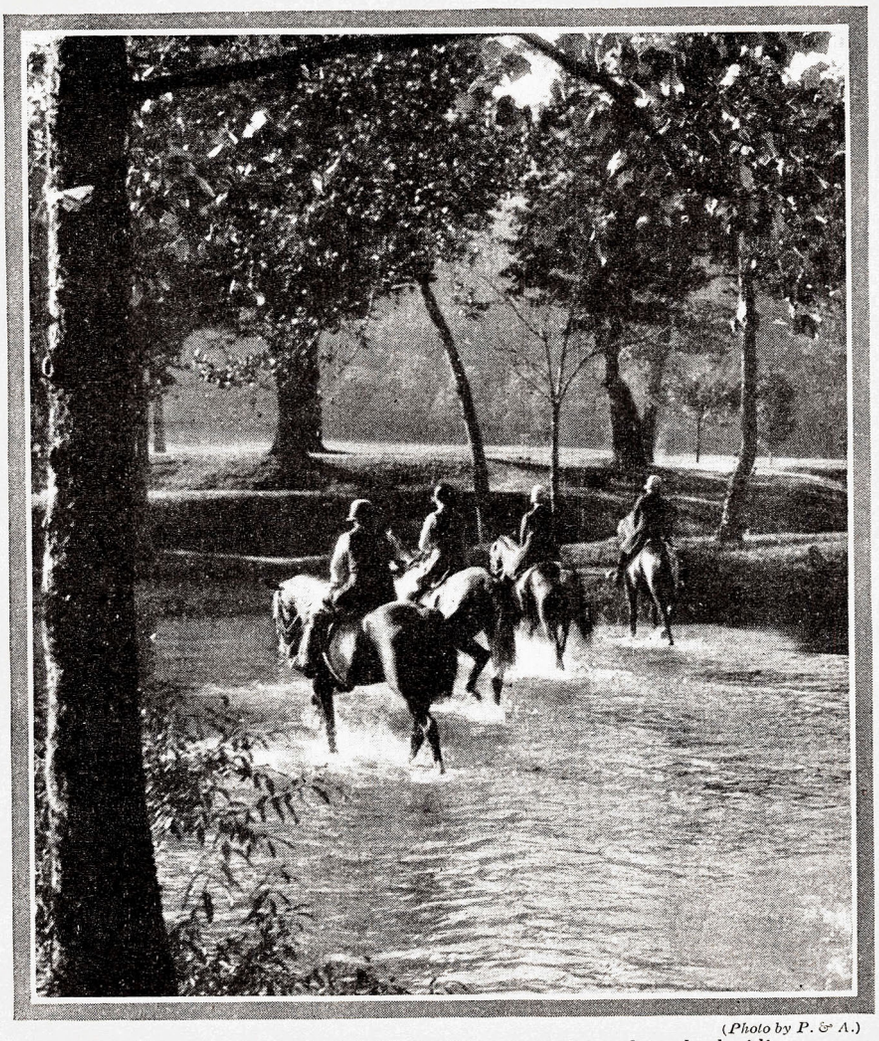
HYDROTHERAPY—Take a tepid bath daily. If your system does not react properly from a tub bath, take a sponge bath. Cold baths (*Continued on page* 86)

Why Horseback Riding Is *Good* for Women

By Earl C. Gregory

¶ *The Truth About a Health-Giving Exercise That Increases in Popularity Every Year*

ONE Leofric, Earl of Mercia and Lord of Coventry, about nine hundred years ago, must have put a curse upon horseback riding for women, perhaps without intending to do so. You may remember the story of Lady Godiva, wife of the old Saxon Leofric? Perhaps not. The old Saxon or some one before him had levied an oppressive tax upon the people; anyway, the tax was upon them. Kind-hearted Lady Godiva wished to see this tax removed, and she approached her Leofric about it. Leofric agreed, upon one condition: that Lady Godiva ride through the streets of the town, clothed in nothing but her long flowing hair, on the back of a horse. She did so, and Leofric kept his promise and lifted the tax.



(*Photo by P. & A.*)

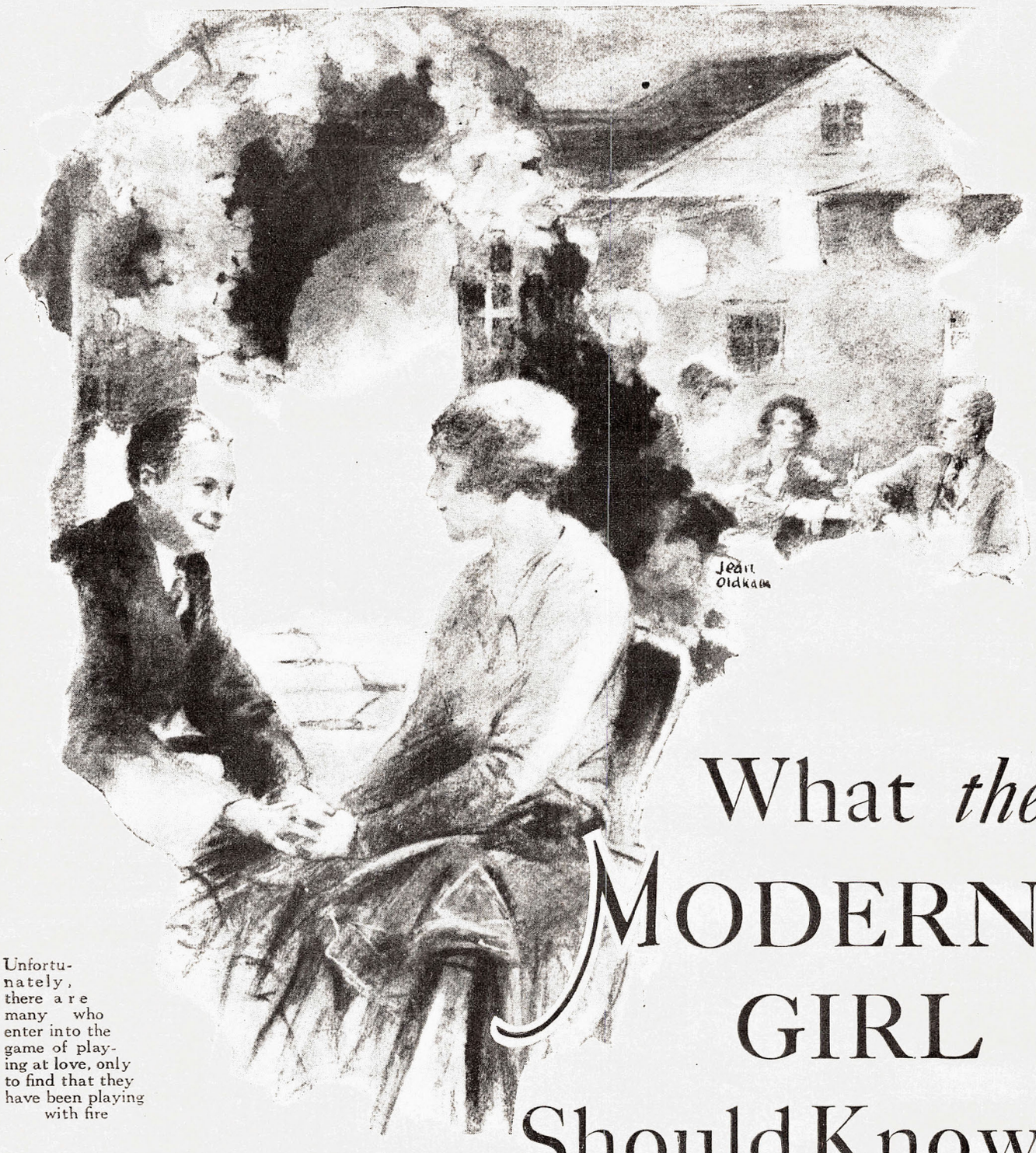
If you want to be a physiological millionaire, take up horseback riding

A very low-minded tailor, Tom by name, was the only person of the town mean enough to sneak a peep at the beautiful lady, from behind a window curtain. And he was stricken blind for his pains. Let us hope he carried the vision in his perpetual night!

Tom has been known as "Peeping Tom" ever since. But there are many other peeping Toms, always have been. And many men today look upon a woman riding horseback about as Tailor Tom must have looked upon Lady Godiva. They just cannot seem to look upon a woman who takes a ride upon the back of a horse as they look upon her as she walks along the street or country lane.

That may not have anything to do with the present-day aversion of many women to riding horseback. But maybe it has. At any rate, in spite of increased numbers every year, comparatively few women seem interested in this sport. It is my opinion that more would ride if the value of such exercise were known. Many consider it as bordering upon the gross, vulgar, questionable—*why*, perhaps they themselves don't know; at least I and many others do not know. Others visualize only the strange habit or costume of the women riders they have seen, and believe only those who are a little "queer" take up this hobby. Too many others look upon the exercise as one of harm to the peculiar structure of women—why, again, I do not know.

But all these are wrong attitudes toward one of our most wholesome sports. No physical exercise has dignity except through the mind that directs that exercise. No one can imagine a more nearly perfect exposition of dignity than that displayed in the days of chivalry, thought of which (*Continued on page* 80)



Unfortunately, there are many who enter into the game of playing at love, only to find that they have been playing with fire

What *the* MODERN GIRL Should Know

IN former articles of this series I have addressed myself largely to parents, in conjunction with the problems all parents encounter with respect to what they are to tell their sons and daughters about the facts of life—undoubtedly the most important part of any one's normal education.

But for those approaching maturity I can better serve my purpose by addressing myself directly to the young woman herself, as in this instance. Particularly in this and in the following article I want to emphasize the fact that our young people need to know much more than the bare physical facts of their biological make-up. Right sex psychology is even more important than knowledge of physiology. To know the bald facts without understanding the ethics of sex behavior would not help much. And really, this is why you and all young women should know the things that I have to say in these articles.

Above all else you long to have power over people. You want to be able to fascinate and charm. You long to know the secret of fascination.

You read with eagerness all the fiction you can lay your hands upon. You go to the theatre regularly. Even more frequently you go to the moving pictures. You read about fascinating women—and all the time you are searching for the secret of fascination and charm.

You think it is something outside yourself and you try to find it so as to add it to what you already possess.

¶ *A Straightforward Talk to Young Women on the Meaning of Womanhood, Its Development and Its Supreme Power in Human Life*

By Bernarr Macfadden

It is for this that you use rouge and lipstick and sometimes an excessive amount of powder.

You want to be a success in securing and holding the attention of the men whom you meet. You want to feel your power to sway the hearts of men. You measure your success by the number of swains you have waiting in attendance upon you.

YOU were intended to have power over the hearts of men—not for your own gratification but for great and compelling purposes. You were intended to have charm and fascination.

The secret of this lies within your own womanly nature.

You can increase your powers to fascinate and charm by coming into a truer understanding of yourself as a woman.

Sex-power is creative power. It expresses itself not alone upon the physical plane in the reproduction of the species; creative power expresses itself also upon the mental plane.

The man or woman who conceives a great enterprise, works out the plans, directs them, brings them into existence upon the physical plane, is using creative power.

The writer, the sculptor, the architect, the musician, all are using their creative powers upon the mental plane.

We cannot separate the mental from the physical. They are closely interwoven, one dependent upon the other. We find the mental creative powers developing as the physical creative powers develop.

The reproductive organs may be looked upon as a dynamo through which the electrical energy of creative power is given to the human being.

From this great dynamo, energy is sent out over the wires of the reproductive system to the creative centres of the brain and other organs of the body.

In the past, womanhood has been looked upon as a burden. Women have been called the "weaker sex."

That idea, fortunately, is beginning to disappear. Woman is proving that she has her own strength and physical power. Her life is no longer restricted from earliest years onward until she is made to appear weak. The little girl is dressed with as much regard for physical freedom as her brother, and is encouraged to exercise her body in every possible way.

The "flappers" of the present time are expressing their independence and at the same time their natural wisdom in their low-heeled shoes, their freedom from corsets, their short skirts, and in outdoor activity.

Women are taking a larger part in athletics than ever before. There is hardly any form of athletic activity in which women are not having contests among themselves and making records of which they do not need to feel ashamed.

As a result of this new healthy-mindedness on the part of women there will come a natural understanding of her reproductive system and its needs.

Recently this magazine discussed the physiology of woman, particularly stressing the organs of reproduction. Also menstruation, including the recommendation of exercises for the correction of menstrual disorders, was discussed.

If the functioning of the uterus, as it concerns menstruation, has not been established by the time the girl is sixteen years of age, a physician should be consulted. The probability is that her general system is in such a weakened condition that she has not the vitality to establish this additional functioning. What she needs is the right kind of food, plenty of outdoor exercise and fresh air together with the requisite amount of sleep. Such a course followed for a year will, in the majority of instances, build up the general health and bring about the desired function of the reproductive organs.

This monthly period was not intended to be a drag upon woman's vitality. This is indicated by the fact that under normal conditions no suffering is experienced but, instead, immediately following the menstrual period comes a time of greatly increased mental activity, indicating that the creative powers are at work at that time and their force is felt throughout the whole system. Therefore, there is no reason for young women to feel that they are carrying a burden in their womanhood. Rather let them take pride in building themselves up to the point where they can glory in it.

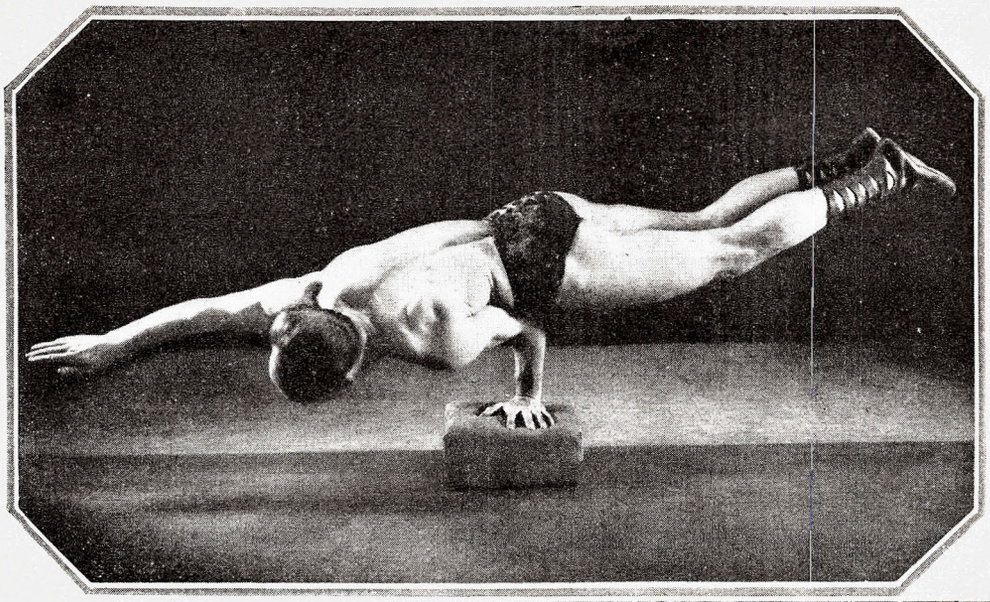
> YOU find new ambitions awakening, new ideals, new aspiration. You find yourself planning for the future. You have day-dreams in which you do the things you would like to do and see yourself the radiant person you want to be. Romance plays a large part in these day-dreams.
>
> You are entering the most important period of your life.

AND now, let us consider the distinction between love and sex attraction.

You have been developing your physical creative powers until by now that function is regularly established in your physical being.

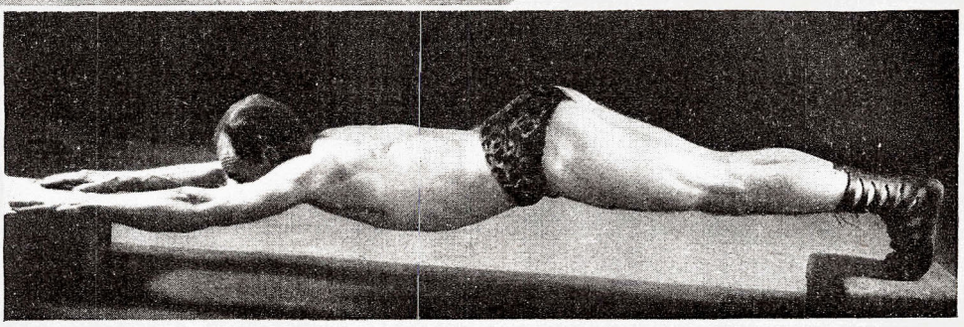
At the same time you have been developing new intellectual and emotional powers. You find new ambitions awakening, new ideals, new aspirations.

You find yourself planning (*Continued on page* 100)



WEATHER VANE. This balance can be learned with a little diligent practice. Do it with the hand on the floor, until you become expert. Use both sides. Three or four attempts are enough at a time

Photo below shows the HUMAN BRIDGE on two hands. More of a stunt than an exercise. Beginners should take a position on the floor and walk forward with the hands, until the strain is quite noticeable; walk back and repeat. The "stunt" comes eventually. *Do not force this one*



There's No *Excuse*

¶ *Samuel E. Olmstead Leads*

HUNDREDS of times I have been asked: "To what exercise or exercises do you attribute your development?" It is actually impossible for me to state specifically, as I have always taken such a large variety. I simply saw to it that my entire muscular system received thoroughly systematic usage each day. Being of a naturally inventive turn, I kept my course of body-building interesting by devising new methods.

Always including a daily walk into the country as part of my regime, I used to find suitable stones for lifting overhead with two hands, one hand, or back lifting. A good round stone served for shot-putting. Broad-jumping and high-jumping, while keeping the feet together, directly in front, also were favorite exercises with me. A ladder leaning against a barn, always invited me to ascend hand over hand on the under side, or jump upwards with both hands simultaneously from round to round. On my walks, I would always find a suitable tree limb from which to see how many times I could chin myself. At the end of my hike I always finished with a run, and after a cold tub, plied a rough towel vigorously. While I am familiar with hundreds of exercises, the ones I have used to illustrate these articles are fairly representative of those I used up to the time I became a professional. My energies were then required for the more severe and skillful application of exhibition feats.

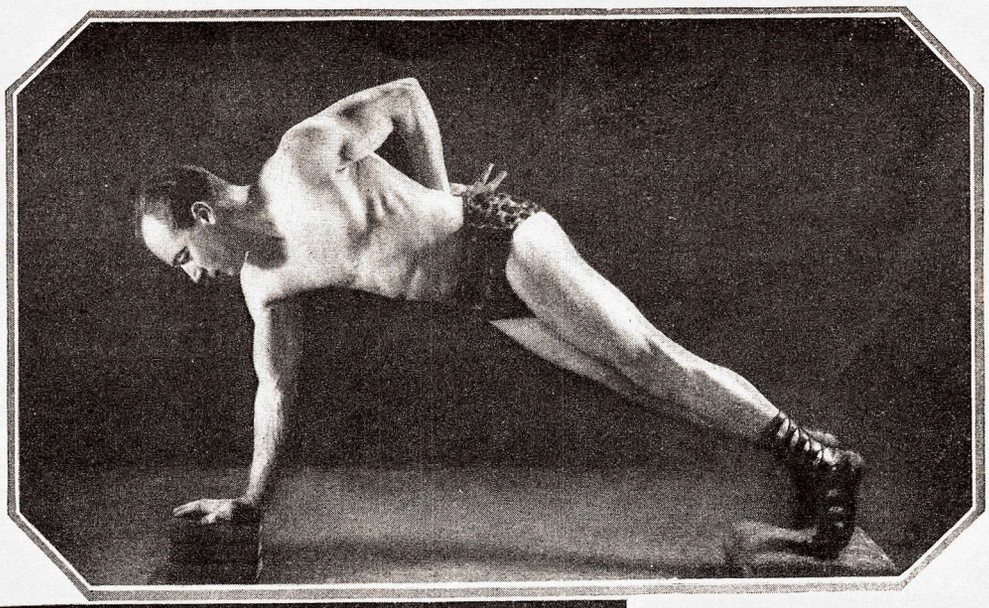
When I was about eighteen, and visiting a brother in Hartford, Connecticut, I saw my first copy of this magazine. I was delighted to know that I could buy an official organ for building super-strength; also to see that, in the main, I had been doing the right things. The forceful writings of Bernarr Macfadden found a ready disciple. By a strange coincidence, during that same visit, Bernarr Macfadden appeared in Hartford on a lecture tour. His personality, the things he said, and his marvelous classical posing in a black cabinet, affected me deeply. I then and there decided that my life was going to be devoted to the cause of physical culture. Above all, I wanted to be associated with Bernarr Macfadden.

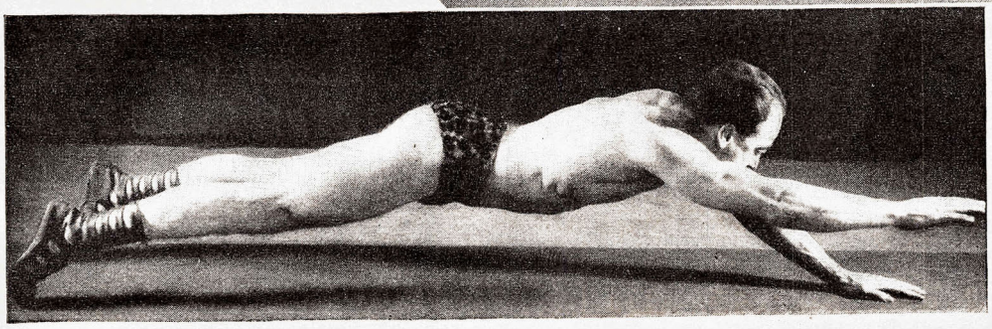
IN a few weeks I went to see him, at the community then known as Physical Culture City. I was well received by the "Father of Physical Culture," and given every opportunity to improve my knowledge and physical condition. I saw the wonderful curative values of the health factors embodied in the Macfadden principles. He had a small health home, of which I became managing health director.

My next two years were spent in close association with Bernarr Macfadden, and I absorbed much first-hand knowledge from the great mentor. During this period a contest was held in Madison Square Garden, New York City, to determine the world's

No special strength is required to do the floor dip with both arms, which is a standard, routine exercise. It becomes a test of strength, however, when done on one hand, with the other hand behind the back, and especially so if the supporting hand is placed on a pile of books, as in Mr. Olmstead's photo at the right. Now, touch your chest to the floor, and push up, if you can

Below is a variation of the two hand bridge which is a truly amazing feat of strength. Holding the horizontal bridge first on two hands, Mr. Olmstead lifts one hand and *holds it!* We will be glad to hear from any strong men who can accomplish this feat. Or, have you one just as good?





Poses by the Author

for WEAKLINGS

the Way to Super-Strength

most perfect man and woman. As a representative of Physical Culture City, I was one of the prize winners. I was by no means mature, and was pleased to be among the winners. There were some marvelous specimens among the entries.

At about twenty-one, I started doing my first real weight-lifting. My versatile work had strengthened me so that I could put up a hundred-pound dumb-bell several times with either hand. With this as a foundation, I started lifting a young man graduate of the Macfadden Institute. We worked up a good routine of hand-to-hand balancing, such as you see on the stage. My progress was rapid. Each week I could lift him with greater ease, and performed more and more difficult stunts. This young man and I hiked to Battle Creek and spent a couple of years studying at the big sanitarium there, all the time improving our skill and strength. I now added the bar-bell work to my repertoire and was at last launched upon my career as a "strong-man."

Bernarr Macfadden again entered my life by coming to Battle Creek and opening a large sanitarium. I spent nearly two years with him as chief physical director; then he sent me East to lecture and demonstrate by myself. This was followed by my accompanying Mr. Macfadden on one of his lecture trips, as his representative pupil. I was using bar-bells exclusively for my exhibitions. After this tour, back once more to Battle Creek, where I met my old partner. We renewed practice and finally booked on the vaudeville stage for a year. My partner entered a medical college, and I became a benedict.

I HAD met and become engaged to a student at the Macfadden Institute on my lecture trip East. My new life partner was eager to try a stage career with me, so after a few months' preparation we went "on the boards," and continued in that profession until three years ago. I arranged several different acts, the last one being the most popular. When I wrote it, I had in mind putting over the physical culture message, and I believe I was successful in that with "The Bachelor's Vision," which ran for seven years in the best Keith and Orpheum theaters. My wife insists that she was the original dumb-bell. Surely she has been lifted enough to deserve the honor! I interspersed my stage bookings with teaching, and at one time engaged in professional wrestling for a while. Though I was quite successful as a wrestler, there were not the steady returns from it that the stage offered, so I stuck to this very colorful profession by preference. Many interesting things have filled my life, but the outstanding romance has been the constant possession of super-strength and ebullient health.

The exercises presented this month should be done with caution, and if you are (*Continued on page* 117)

The AGE of

Chapter VIII
in
The *Story* of *Your Body*

We know the cause of yellow fever through experimentation with the bite of a mosquito

¶ *Antiseptics — the Germs — All Play in the History of Know Your Body Must Know Their*

THEY have erected a beautiful monument in Vienna to Semmelweiss, the obstetrician, placing him upon the pedestal they denied him in life. At his feet, looking up into his face with gratitude and reverence, crouches a woman with a child in her arms. Thus have the Viennese refuted Shakespeare, and proved that the good a man does may live after him, and the evil—as if the noble Semmelweiss could have harbored evil in his great heart—was interred with his bones.

How this monument came to be there is one of the most fascinating stories that have ever been strung on the golden thread of time: for it has solved the problem that haunted the surgeon, which negatived the results of the best planned and most skilfully executed operation

They tell the story in this wise: The students of the first clinic in Vienna's magnificient Lying-In Hospital had just come from the anatomical lesson. Washing their hands perfunctorily, they followed the instructor into the wards, examining with trained touch those who were dedicated to the fulfilment of Nature's loftiest purpose.

A few days afterward cold chills seized these women, they burned with fever, their faces sunken, anxious, the embodiment of lingering pain. A week later, one after the other they joined the Great Caravan.

Now, the young Herr Professor, Ignatz Phillip Semmelweiss, dismissed his classes; but he could not dismiss the somber note that throbbed through his kindly heart. "What is this grim terror? What is this insidious poison that fastens itself upon strong, healthy mothers and rushes them into a quick grave?" He asked himself, and he racked his brain for a solution. He read everything written on the subject, but the answer was hidden behind a mocking grimace of a death's-head.

Then his good friend Professor Kolletscha, when performing a post-mortem, was accidentally pricked on the hand by the knife of a pupil. Through the tiny wound the poison entered, the inflammation ran riot in the professor's body—inflammation identical in character with the fever that burned its way through the devoted women back in his hospital wards. In three days Kolletscha was dead!

But the cause of puerperal fever was discovered! It was septic infection, a form of pyemia. Semmelweiss and his pupils, fresh from the anatomical clinics, and obstetricians everywhere, were infecting mothers with disease, the germs of which adhered to their hands and their clothing.

Then and there the Doctor issued a new rule. Students, before touching a patient, were to disinfect their hands with a solution of chlorid of lime. After that Death passed by on the other side. He had been driven away by a lump of lime, and the science of antisepis had its beginning.

Professor Osler is reported to have said that when Harvey promulgated his demonstration of the circulation of the blood, not one medical man in England over forty years old would accept it. So with Semmelweiss' discovery. A number of the younger men and some few of the older progressives favored his ideas and adopted his practice; but the great majority would have none of it. Instead, opposition of the most vitriolic nature, even extending to bitterest persecution, was Semmelweiss' portion. He could not move the mountain of medical prejudice that obstructed his path.

UNFITTED to brook opposition, because of his highly sensitive nature, Semmelweiss' disappointment reacted upon himself. He was finally removed to a lunatic asylum, where he died a few days later as the result of an untreated wound sustained during his last operation, and neglected by the distracted man.

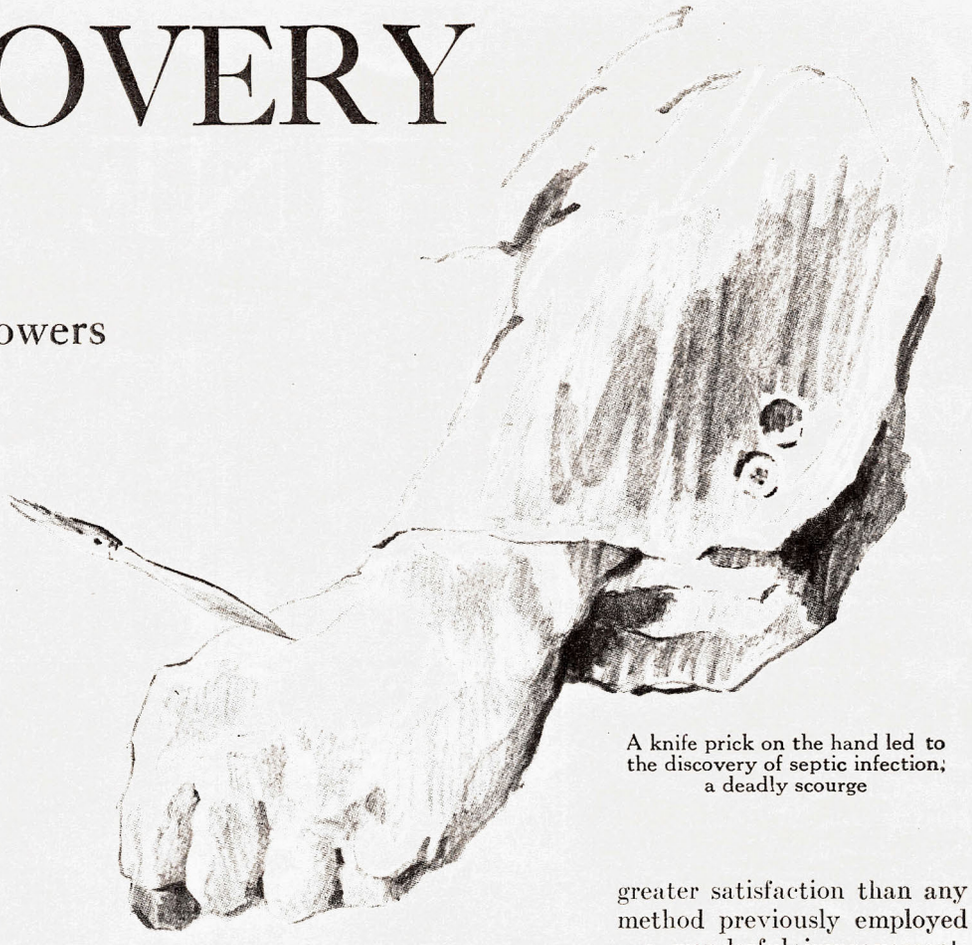
Tardy recognition has been Semmelweiss' heritage. So much enthusiasm has the wonderful work of Pasteur

DISCOVERY

By

Edwin F. Bowers

Microscope—a Prominent Part Physiology. To Thoroughly, You Significance



A knife prick on the hand led to the discovery of septic infection, a deadly scourge

and Lister evoked, that even profound scholars, as Dunglison and Roswell Park, in their histories of medicine, never even mention Semmelweiss or his work.

JOSH BILLINGS was right. "The best time to set a hen is when the hen is ready." "The best time to inculcate a new idea is when humanity is ready" to accept it. Excepting the intrepid Simpsom, and a corporal's guard of innovators, Semmelweiss' great discovery languished in obscurity, unheeded and ignored by the great mass of obstetricians and surgeons, and year after year mothers with streaming eyes saw their babies taken from their arms, and felt the onset of that grim battle which left them white and stark.

It was almost three decades before the genius of Pasteur forced the world to accept the fact that decomposition was caused by living germs, and that these minute forms of vegetable and animal life were the potential murderers of the humanity they infected.

When Lister was house surgeon at University Hospital, London, about 1870, he observed certain cases of gangrene, a rotting of the tissues, with general septic infection, following operation. He suspected the parasitic nature of the condition from the fact that a simple fracture where the skin was unbroken made good recovery; while a fracture that exposed the tissues to the air would suppurate.

About this time he became interested in preventing decomposition of sewage by treating it with carbolic acid. The process was similar to decomposition in organic tissues. Why might not the use of carbolic acid upon wounded surfaces be attended with results as gratifying as those which followed its use with sewage, he wanted to know. He began to wipe the wounds with pure carbolic acid. The results gave greater satisfaction than any method previously employed —a wonderful improvement, a splendid achievement, but with much still to be desired in this large field.

Lister was a thorough workman, a genius with an infinite capacity for taking pains. He started to make his technique more complete. He set himself to find out why some of his cases did badly, notwithstanding their daily painting with acid, and finally decided that the infection must come from ligatures used in tying off the blood vessels and closing the wound.

He steeped some catgut (which by the way, comes from the intestines of a sheep, and never saw a cat) in carbolic acid. Then he ligated the carotid artery in the neck of a calf with this gut, and turned Bossy loose for a month's observation. At the expiration of the time the calf was killed. On examination it was found that not only had there been no trace of suppuration, but the catgut was completely absorbed, and only a thin fibrous band of tissue remained to show where it had originally been tied. And now catgut ligature is furnished in hermetically sealed tubes, immersed in sterile solution.

LATER experience demonstrated that antiseptics (from *anti* "against" and *septicos*, "putrefaction") were more or less toxic or irritating to the tissues; so this method has been replaced in surgical practice by the aseptic method, which aims to prevent sepsis.

The science of bacteriology dates practically from Lister, and now every medical man of any attainments can call most of the bacteria and germs by their first names, and is on speaking terms with all or nearly all of their families.

During the late War the iodine and the "sterile pack" in the first-aid kit of every doughboy prevented the development of infection (*Continued on page* 106)

SUNSHINE Brings

¶ *Take It Indoors as Well as Out, This New Way*

School children in particular have been found to thrive to an unusual degree while studying in rooms provided with "health-ray glass"

NEXT to oxygen and food, the most fundamental of all biological needs is the need for sunlight. The lizard basking on the rock, the dog stretched in the glowing warmth, the sensible human "soaking in" the life-giving rays, typify natural reactions of organic life for what is perhaps the original stimulating force of *all* life.

The Persians, the Aztecs, and the scores of dead and gone nations who worshiped the sun as the visible symbol of the creative power, perhaps couldn't have picked out a better god to worship if they had a library or a couple of encyclopedias to pick him from.

Everything that makes our sort of life possible and livable, traces back to the storage of the sun's energy in the chlorophyl of leaves, in the protein and in the natural oil of cereals, in the hemoglobin of the animals on which we feed, in the conversion of the lime and phosphorus in our own bodies, and possibly in the chemical and electrical energy exhibited in our most minute cells and structures.

Deprivation of sunlight is one of the most obvious of all forms of robbery. The prison pallor of the sun-starved, the listlessness and the lack of resistance to disease of the slum-child or the tenement dweller, are matters of gravest concern to all who have the physical —and incidentally the mental and moral—welfare of the race at heart. For, as Judge Ben Lindsey and other sociologists have shown, mental and moral stability depend, in the vast majority of cases, upon physical normality.

The recognition of the curative effects of the sun's rays in the treatment of various disorders is by no means of recent origin. On the contrary, the science and art of heliotherapy—curing by sun or light rays—can be traced back to the very beginnings of medicine.

The Egyptians and Assyrians, the Greeks and the Chinese, healed numerous ailments by the help of these rays. It is even claimed that the Incas of Peru cured many grave skin disorders by exposure to the sun.

As with most of the arts and sciences in Europe, however, the practice of sun-bathing and light-healing went out under the cloak of ignorance of the Dark Ages.

In those "fifteen hundred years without a bath" that Michelet speaks of, almost everything scientifically useful was neglected. Finally, in 1774, Faure, a French medical man, resurrected the treatment of ulcers by the direct heat of the sun. At the same time La Payne and Le Compte began to treat wounds and tumors by sunlight reflected through a lens.

These were the beginnings of the rebirth of this ancient science, that only abysmal stupidity could ever have permitted to languish and die. In 1815 Loebel,

Radiant HEALTH

By Frank Stilwell

of Jena, constructed a large box with glass walls for concentrating the heat of the sun, which he called a "heliothermos," and which helped further to establish the benefits derived from heat and light.

IN 1816 a new branch of therapeutics, based upon the benefits derived from solar heat and light, was established by Doebereiner. From this time on the science gained in dignity and in prestige, particularly among those who practiced natural therapy and physiotherapic measures of treatment.

The greatest impetus to the science, however, was given by the work of Finsen, who first announced his very interesting results in 1893. Finsen, through his studies of light—both solar and artificial—put the science of heliotherapy and phototherapy (curing by quartz light, Roentgen ray, et cetera) on a sound and definite basis.

However, the marvellous results achieved by Doctor Rollier, in the Swiss Alps, with tuberculous and malnutritioned children, as well as the work of many who have followed Rollier's method in England and in America, have swung the pendulum back to heliotherapy proper.

Yet it must not be supposed that all there is to the sun-cure is to put out a person suffering from anemia, rickets, bone tuberculosis, or any other disorder helped or cured by heliotherapy, and just leave him to cook in the sun.

THERE are certain conditions of the heart and the general circulation in which an overlong exposure to the direct rays of the sun might prove definitely injurious. The well-known prostration following a bad case of sunburn is a good example of this *chemical* effect of light. The actual destruction of the superficial layers of skin tissue also furnish painful evidence of the power of light when uncontrolled or wrongly used.

In order to understand this matter better, it is necessary to know something about the various kinds of light waves and their influence on the system.

Light may be said to be the totality of those waves of the electro-magnetic spectrum, which lie between 100 micra (1 micron = 0.0001 millimeter, or the 1/1000 part of a meter, measuring 39.37 inches) and 90 millimicra (1 millimicron = 0.001 micron, = 10 Angstroem units). The longer waves average 1 micron in length, represented by electric waves and used in wireless telegraphy. The shorter waves are from 75 millimicra to 0.01 millimicron in length, as represented by Roentgen and radium rays.

The so-called luminous waves can be divided into three classes: 1, the infra-red above one micron; 2, the visible light from 800 to 400 millimicra; and 3, the ultraviolet below 400 millimicra. The second class contains the light observed by the human eye. The infra-red and ultraviolet rays are invisible and can be demonstrated only by certain processes. Spectral analysis demonstrates the red (800 to 645 mm.), orange (to 590), yellow (to 555), green (to 535), blue (to 495), indigo (to 450), and violet rays (to 390).

As is well known, when sunlight is passed through a transparent prism (a spectroscope) at a certain angle, instead of a white light we see a beautiful colored band, the chief colors of which are violet, blue, green, yellow, orange, and red. Beyond these visible colors are the invisible ones—on the violet end of the scale, the "near ultraviolet radiation," the "middle ultraviolet radiation," and the "extreme ultraviolet radiation." At the other end, beyond the red, we have the infra-red, substantially a heat wave.

Light and heat and chemical action are the results of all the sunrays, heat being produced especially by the infra-red and long waves, light particularly by the middle length waves, and chemical action pre-eminently by the ultraviolet and short waves. No artificial light can be compared with (*Continued on page* 74)

How *to* Make MONEY

¶ *Otto Panzer, Physical Instructor of Millionaires, Tells How John D. Rockefeller, Junior, Keeps Fit for His Gigantic Job*

In an Interview with "Jean Nargueur"

IT was a hot midsummer day. A man known the world over for his philanthropy and great wealth was strolling along the shore of Lake Michigan in Chicago when he stopped to watch some urchins swimming. Swimming was one of the sports he particularly liked.

"How's the water today?" he asked a boy. "Swimming any good?"

"Yeah, pretty good," came the answer, "but the kids tie up your pants when you leave 'em on the beach. Better get some kid to watch yours if you're goin' in, mister."

"Guess I won't go in today, sonny," smiled the gray-eyed man.

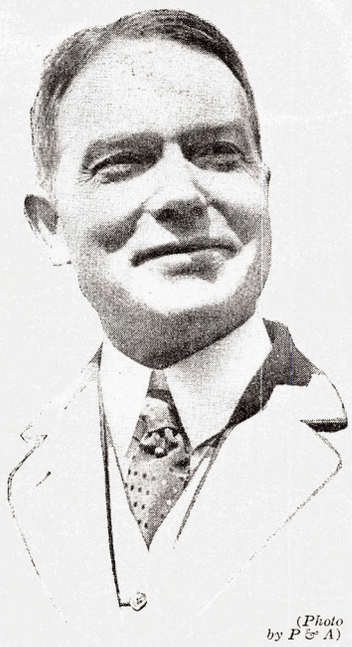
A simple enough incident to warrant no comment, perhaps, yet containing an illuminating peep into the life of that gray-eyed man when one knew something of his history. For twenty-five years ago, in all likelihood, John D. Rockefeller, Junior, who was the casual stroller on the Lake Shore, would not have noticed these splashing water-babies, and if he had, the chances of his speaking to them would have been very slight indeed.

Why?

Not because he hasn't always been most human and sympathetic toward his fellows—on the contrary, he is a passionate humanitarian—but because in a quarter of a century he has undergone a subtle physiological change which is largely owing to the time and thought given to his body in making it sound and vigorous, which, in turn, has reacted upon his mind and character to the extent of transforming him into what is commonly called "a regular fellow."

John D. Rockefeller, Junior, recognizes this difference in himself since he joined the brotherhood of those who make it a bounden duty to keep physically fit. For, addressing the members of the downtown Whitehall Club, New York, at one of their annual dinners, he frankly admitted that physical exercise had made a man of him.

"And it is all due to Otto, sitting over there," said Mr. Rockefeller at the conclusion of his informal talk, motioning toward the lean, keen trainer of the famous gym that tops the skyscraper overlooking the Battery and the harbor of the metropolis.



(*Photo by P & A*)

"The Rockefellers were always abstemious in their eating and drinking. Simple foods are an established family habit. Alcoholic drinks are taboo"

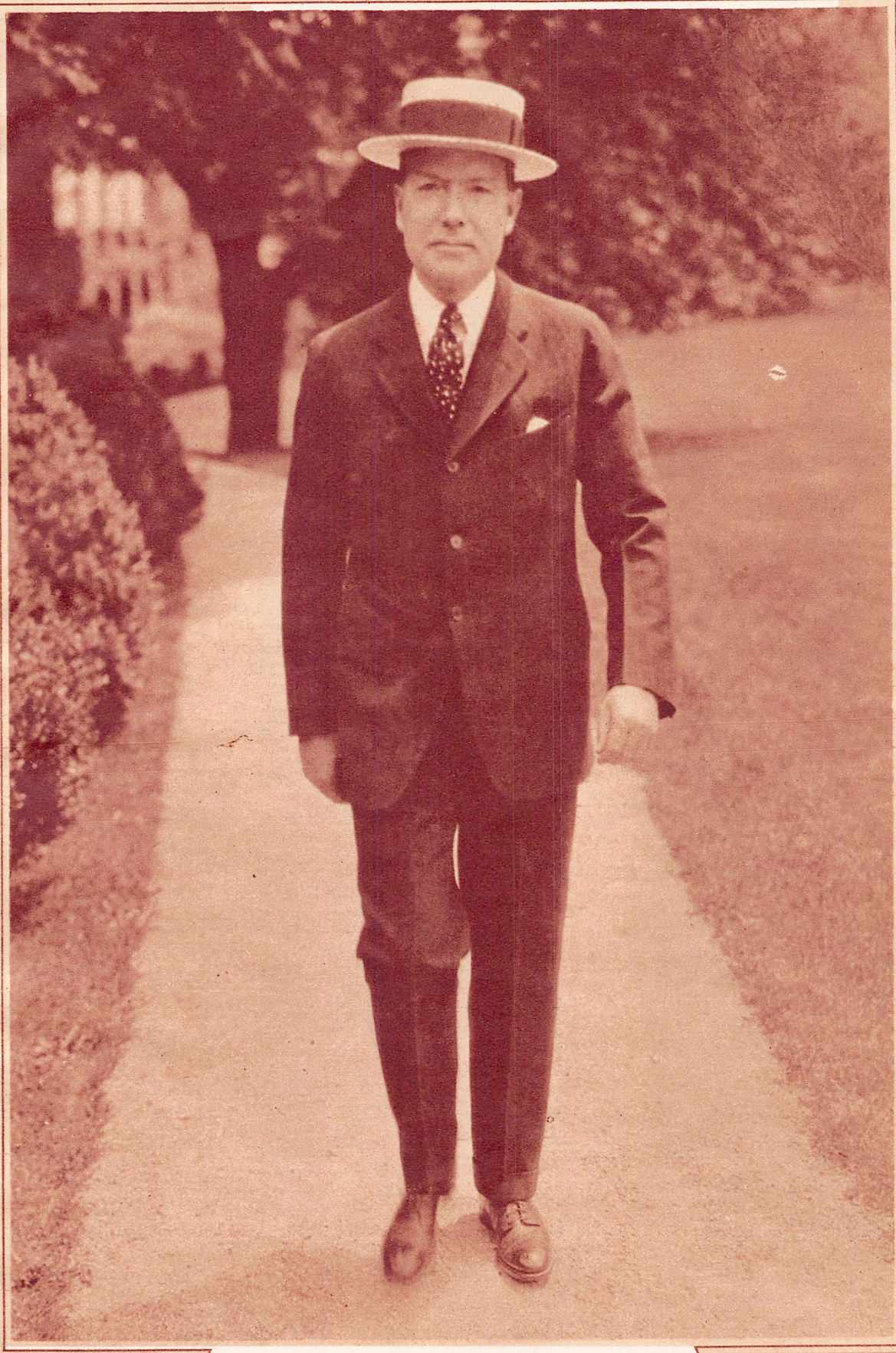
The molder of millionaires' bodies alluded to reddened, for Otto Panzer is a quiet, unassuming chap who is content with the day's work well done, and looks for no praise to spur him on to further endeavor. Listening to this tribute from John D. Junior he shook his head, as if to say that no public speaker must be taken too literally.

But as a matter of cold fact, before John D. Junior put himself in the hands of Otto Panzer, between sixteen and seventeen years ago, the man who gives away more money than anybody else in the world for the general health and welfare of humanity, was not the sturdy individual he is today. His own health was rather on the minus side of the life-ledger, and it was feared that his enormous responsibilities, coupled with his driving capacity for work in spite of limited bodily resources, would exhaust his vitality to the point of breakdown unless something was done to stay the drain, or replenish his forces.

To go back to the beginning—John D. Junior as a youth—at least up to the age of thirty—paid scant attention to the blood-and-muscle part of himself. At Brown University, his alma mater, he was more noted as the business and financial genius of the football team than as a player on the gridiron. Athletics, as such, did not appeal to his imagination. Outdoor activity he liked, yes, but he preferred it in the form of a good walk, or a gallop on a spirited horse. Cultivation of his mind and care for his soul were paramount with him in his student days, and the body was something that took care of itself if one only lived with proper rectitude and cleanliness.

There were many of his generation who felt the same way. They felt that to live the "simple life," as preached by Pastor Wagner, was sufficient to insure a healthy mind in a healthy body.

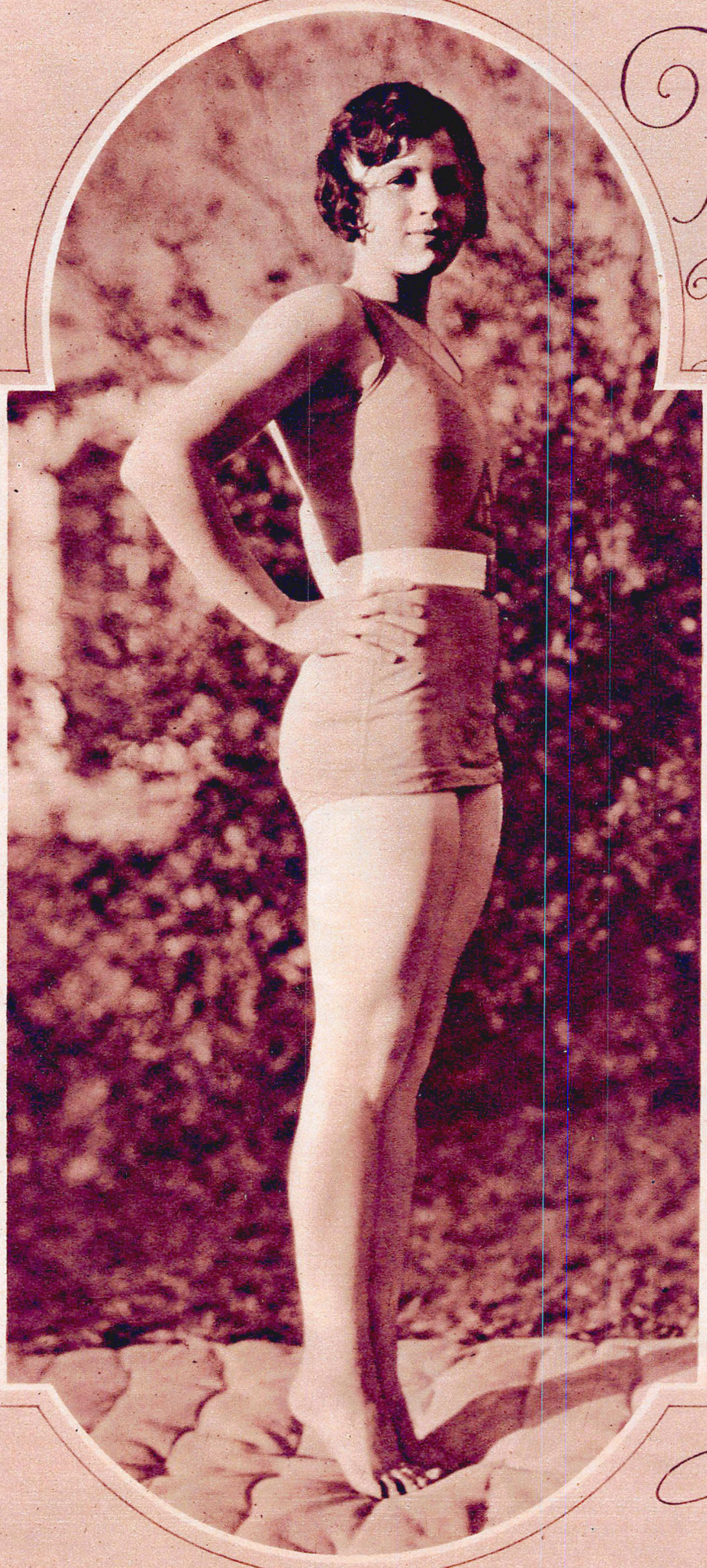
But the price John D. Rockefeller, Junior, paid for this well-intentioned indifference to the physical man was higher than the average, for when he came to assume the burden of (*Continued on page* 114)



JOHN D. ROCKEFELLER, Jr., whose physical training keeps him in condition to manage and direct one of the largest corporations, one of the greatest money making enterprises, in the world

(Photo by Underwood & Underwood)

The BODY Beautiful



VIRGINIA HILLARD is not only an ardent physical culturist, but is a University student specializing in physical culture education. She holds many trophies for outdoor sports

IF Bernarr Macfadden's physical culture principles have meant anything to you, why not let other physical culturists know about it? The Body Beautiful Department wants to use your picture. From month to month we will publish as many pictures of well-developed physical culture bodies as space permits. Each month we will pay $10.00 for the best picture used, and for every other picture we use, five dollars. Address: PHYSICAL CULTURE Magazine, 1926 Broadway, New York, N. Y.

MRS. JACK Bolan (upper left), Zand Hazeldene (above), and Anna Tilley (left), all owe their splendid development to living the physical culture life

EDWIN REGGIO, of New Orleans, La., shows what can be accomplished by regular daily exercise. Doctor Francis Heckel (left), is an active exponent of Bernarr Macfadden's physical culture method in Paris, France

Make Yourself BEAUTIFUL

¶Beauty, Charm, Magnetism, Personality—
The Natural Birthright of Every Woman—
Should Be Yours. Get Them This Easy Way

By Carl Easton Williams

AN artist said recently, to a magazine editor of my acquaintance: "I will paint, for your cover, a perfectly beautiful girl—a perfect face."

So when he brought in the job, every feature of the girl was perfect. Physically, the face on the canvas was without a flaw. It had symmetry of facial contour.

"True enough," objected the editor, "but—she's dumb. Nobody home. She is not attractive. There is no spirit, no psychology, no personality."

"I'll fix it," said the artist.

A week later he brought the canvas in again.

"Now you've opened her eyes more," said the editor, "but she looks hard-boiled. No charm. No soul. No joy. Tell me, has your model—this girl with the perfect face—has she any personality?"

"No," said the artist. "That's the trouble. She is dumb." Which, of course, explained everything.

So—what is beauty?

It is the quality of loveliness. The word is self-explanatory — meaning, that which excites or inspires love.

Every woman has beauty, of one kind or another, in one way or another.

In what way, or ways, are *you* beautiful? Have you all the ingredients? Are you entirely beautiful? What do you think? What do others think about you?

Men want strength, wisdom, wealth, honor, achievement. But women, so the story goes, want love—and the beauty that inspires it. Women want beauty, because men want beauty in women.

And yet there's even more to it than that. For, entirely apart from the fact that beauty is in some vague way identified with sex attraction, at least where women are concerned, it is also demanded for its own sake.

Beauty is its own reward.

Women want beauty partly because other women look for it. And whether or not women think they want love, always they want beauty, first of all. and why not?

Beauty is the glory of women—which sounds fine and flowery. Yet it's true. Be proud of it. Don't be ashamed of the desire for it. The universal feminine longing for it is a profound and fundamental instinct. There is nothing more deeply rooted. It is not a frivolous impulse, not mere vanity. For beauty is the expression of strength, of cleanliness, of everything fine and wholesome. We feel this truth in our hearts, and so we know instinctively that beauty has a biological significance. It is a quality of "survival value." It is not only personal, but racial. We sense that beauty means the quality of excellence—various qualities of excellence. And so women want it. And men want to associate with women who have it.

But, do you deserve beauty? That is, have you the various qualities of excellence that give you the right

How Does *Your* Beauty Rate?

Check up on Yourself and See

1.	Facial Bones	9
2.	Eyes, Skin, Hair	8
3.	Skeletal Bones	9
4	Muscular Development	6
5.	Correct Weight	10
6.	Spirit	9
7.	Intelligence	8
8.	Character	7
9.	Femininity	10
10.	Health	9
	Total Rating	85

For explanation and meaning of headings, see numbered paragraphs in this article

Blanche Reeves, appearing in Manhattan Mary

Photo by De Barron

to expect to be beautiful? Some of these ingredients are born in you, so there's no credit coming to you for them. Other factors are within your power to control. But, what have you done about them?

DID it ever occur to you to mark yourself on your beauty standing, much as some of the "How" and "What" books, popular right now, rate your intelligence, your chances for finding a rich husband, etc.? Would you stand close to a hundred per cent. perfect beauty?

You will see by a glance at the accompanying chart, that we have assumed a total of ten main qualifications in the list of beauty factors, so that you can mark each qualification on a basis of ten for perfect. If you are perfect in all ten you will have a final standing of one hundred, which means perfect beauty, and in that case you must be not only easy to look at, but irresistible. Such a rating is, of course, theoretically possible, and there may be some who would so rate, but I doubt it. Yet among exceptional women there should be many who come very close to it, ranking high up in the nineties. Rate yourself by this chart, or ask your friends to rate you, and thus see yourself as others see you. If you learn your own weak points, you can do a little self-improving and raise your marks. And by using the chart to rate your friends you might learn some surprising things.

Incidentally, this analytical study helps us to understand what beauty is. And so we learn that straight noses, symmetrical features, and attractive hair colorings, while they give one prettiness, do not necessarily constitute beauty. On the contrary, we learn that one has no beauty, in the strict sense, unless she expresses the finer mental and spiritual qualities, along with health and vitality. In short, beauty is not merely a physical possession, determined by body structure and coloring and texture. It is not skin deep. It is much more than that. It is in large part the reflection of personality—a revelation of life and health, intelligence and spirit.

You will see that in this analysis our ratings are based upon a fifty-fifty relationship between the internal and external elements, if you care to put it that way; the "internal" including the psychological factors. In the little chart in the box the mere headings are given. Here is the more explanatory line-up:

FACIAL BONES.—Did it ever occur to you that the underlying and determining factor in facial beauty, as well as in beauty of figure, is the bone conformation? The real face, in other words, is on the skull, for that gives character, racial character and personal character, to one's appearance. Fat or thin, one looks like herself or himself because of the bones. With your skull, flesh can be hung upon those bones to look only one way, and that way makes *you*. Where else do you get that straight

nose—if any—and that shapely chin? If you have beautiful bones, congratulate yourself, even though there is no credit due you on that account, and it is a matter you cannot change. Plastic surgery may promise much but here is the reason why there is a decided limit to what it may accomplish.

It is largely the factor of beautiful bones that makes Anita Stewart, Alice Terry, and May Allison; and, for that matter, John Barrymore, if we may mention masculine beauty just once. Lillian Gish, on the other hand, is not distinguished for beautiful bones, but is lovely through her psychological qualities. She is an instance to prove that you don't need distinctive facial bones to be beautiful; but just the same they offer a foundation, a natural advantage, a sort of flying start over the woman whose bones are commonplace in formation. Look at your profile before you mark yourself on this factor.

And, by the way, include cartilage, as of the nose, in this classification.

2.—Eyes, Hair, and Skin. Perhaps you are right if you think that the eyes, the hair, and the skin should be rated separately. However, all three of these are influenced by other factors. The eyes, those "windows of the soul," depend upon the setting determined by facial bones, and also upon the other factors of fatty tissue, of health, and particularly of the personal psychology behind them. The eyes illuminate the face, but not unless they are themselves illuminated by the spirit, of which they constitute the aforesaid windows. Partly as a practical working matter, we have grouped these three externals under one heading. If you wish to particularize, you might allow five points for eyes, and five for hair and skin combined.

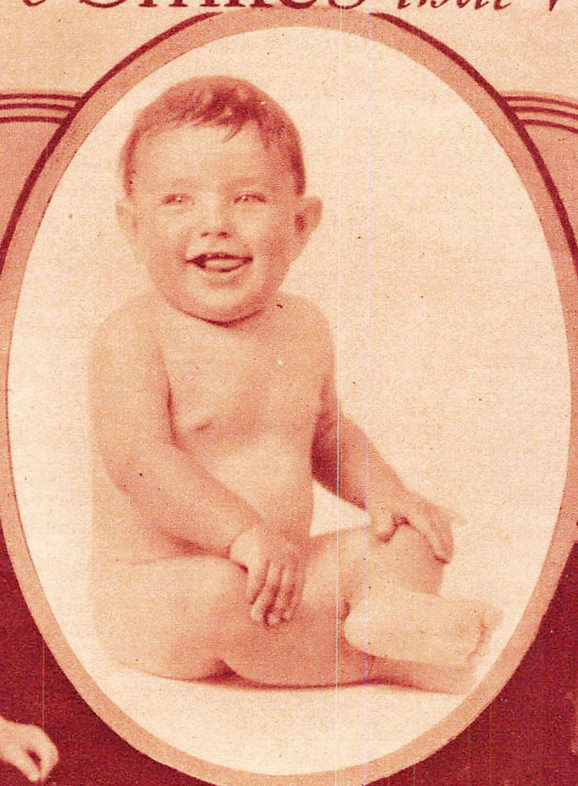
BUT how can you improve yourself in these respects? Ah, that's important. We'll come back to that a little later, for it depends upon some of our other beauty ingredients.

Speaking of eyes, May McAvoy and Colleen Moore are instances of their sometimes outstanding value. Cover up all the rest of their faces, and they are still there in terms of eyes. It almost seems that they constitute their beauty, but this is because in their cases the eyes express to such a large extent the other beauty factors.

3.—Skeletal Bones. We now come to the figure, and here it is the skeleton that determines the height and general contour. Winners of bathing-beauty contests "get that way" first of all because they have beautiful bones—the framework. Some women have unbalanced figures. Some are top-heavy, others have legs too heavy. It's a fundamental matter of bones. You find pretty knees, for instance, when good development is combined with moderately small bones. As to hips—well, hips are bones, essentially. This is a factor not within your power to control, but it is a necessary part of your total beauty rating. Have you good skeletal bones, or would you like to trade them for those of Dorothy Knapp?

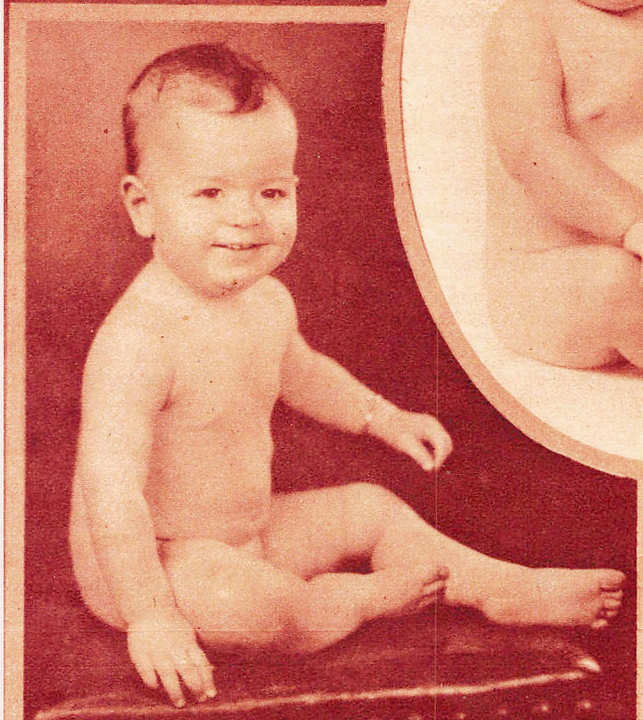
(*Continued on page* 110)

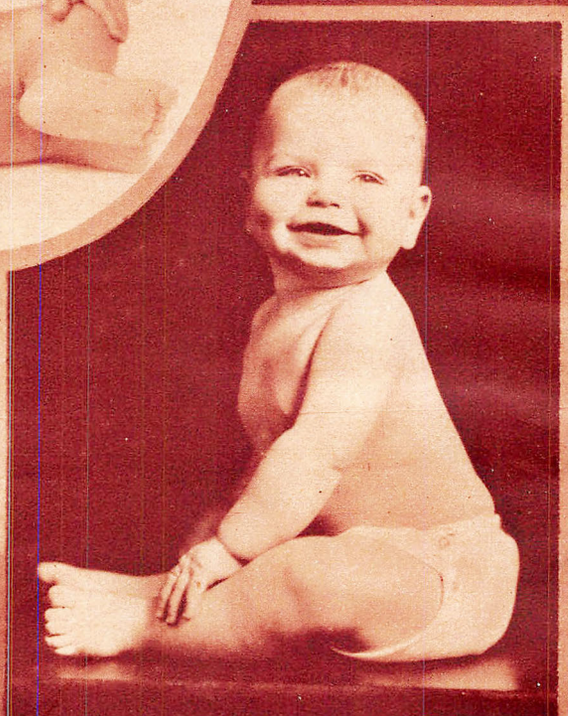
And They're Smiles that Won't Come Off!

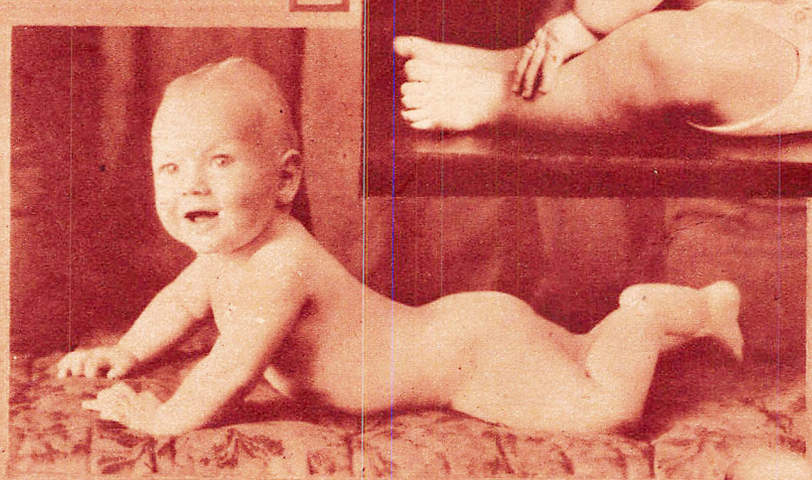


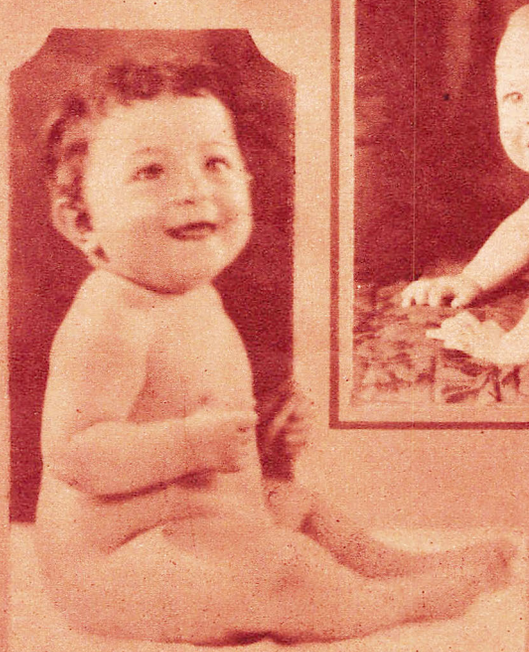
HAPPY because they are healthy —at the left is William deVault Parker—Billy Howard you see below—and Goodrun Schenk to the left

(Photo by Gibson Studio)





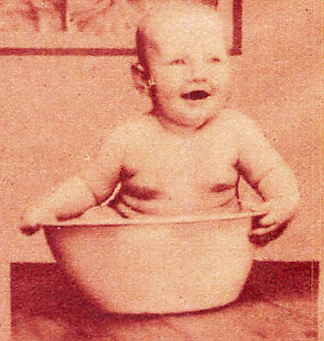




BABY Harry Bertram is above, and the happy bather is June Morgan Hale

GRACE CAROL KHACADOURIEN is the smiling baby to your left

(Photo by Obenaus Studios)



Does Your Baby *Suck Its* Thumb?

¶ *Don't Worry—Learn Why*

By Edmund C. Gray, M. D.

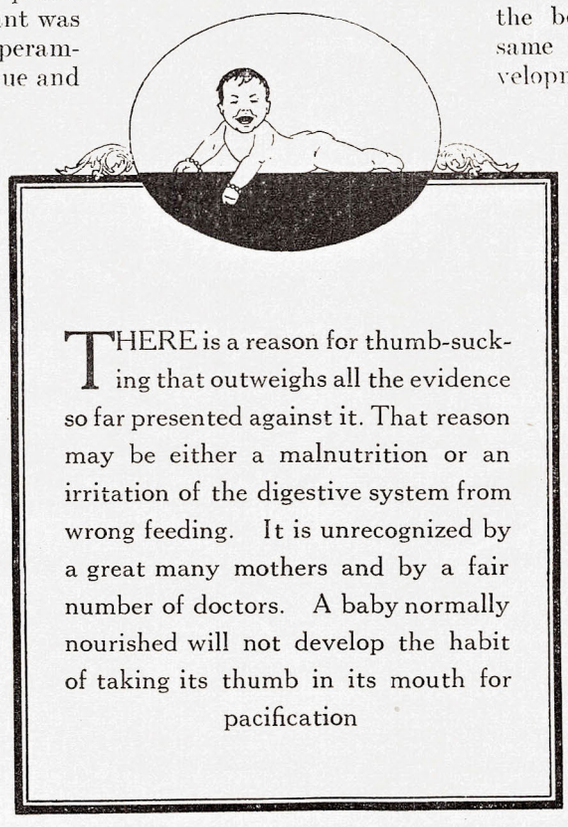
"ISN'T that the *darlingest* thing you *ever* saw! Such a picture of contentment, at utter peace with the world! How could *any one* have the heart to take that coral-like mite of a thumb from between those ruby lips? How *can* any one say that the satisfaction that thumb gives is more than counteracted by numerous dire results? I don't believe it—not for a minute!"

Thus gushed one woman to a proud mother whose unmurmuring infant was lying most peacefully in the perambulator totally oblivious to the hue and cry a learned profession is making against the very thing that gave the baby peace. The baby was guilty of a practice, perhaps already a habit, that has given countless mothers much concern, that has caused much gray matter in professional heads to crackle in an endeavor to find ways of ending it. But the baby was as completely ignorant of any wrong-doing, to itself, to the world, or to the medical profession, as it was of the Einstein theory. It merely went on tranquilly sucking its thumb.

The doctors are divided in their opinions regarding the practice and its mischief. Each side has its arguments, but those opposed to it are more vociferous than those who would grant the little offenders chiefly concerned this source of pleasure.

If you notice the modus operandi of thumb-sucking you will observe that the thumb is not merely held in the mouth passively. It is sucked, and with considerable force, just as the breast or bottle nipple is sucked. And seemingly this often is done by the hour, whereas nursing for real food rarely is longer than half an hour at a time, usually considerably less than this. This often repeated and long continued suction is what is supposed to damage the infant, or the older child who is not weaned from the habit. The mere fact that the thumb is used instead of a natural or artificial nipple has less to do with the war against thumb-sucking than has the duration of the sucking periods.

We are told that because the jaws, palates, teeth and other parts forming the mouth are so tender and impressible they are greatly influenced in their development by this sucking and pulling and pressure of the thumb-sucking habit; that an abnormal development of these parts, especially the jaws and dental arches, may be caused by this habit; that irremediable damage sometimes is done to the body and mind by this abnormal development; that many ills of the body are made possible by the same condition; even that the development of the brain is interfered with. We also are told that the undue stimulation of the flow of saliva caused by the sucking not only wastes this fluid but in time reduces the capacity of the salivary glands to secrete the fluid in normal amounts; and that the excessive flow of saliva during the stimulating stage changes the normally acid stomach fluid to an alkaline fluid, which interferes with protein digestion and leads to various other digestive disturbances.



THERE is a reason for thumb-sucking that outweighs all the evidence so far presented against it. That reason may be either a malnutrition or an irritation of the digestive system from wrong feeding. It is unrecognized by a great many mothers and by a fair number of doctors. A baby normally nourished will not develop the habit of taking its thumb in its mouth for pacification

I do not profess to know how long babies have been sucking their thumbs or fingers, nor what percentage of them indulged in this practice in the generations and centuries gone by. But it is safe to say that for a longer time than we have history of the world babies' pollices and digiti have found their way to their mouths in moments of trouble, and that a large number of babies of all periods of time have enjoyed this vicarious nursing. If there is anything to the theory of evolution (and most of us think there is) it would seem that not only should we have developed long ago all the characteristic deformities accredited to thumb-sucking, but that we should be less susceptible to the imagined dangers now than we have been in the past. Yet comparatively few people have the long jaw, the protruding teeth, the narrow deformed upper palate, the wedge-like nose, the mental deficiency and other defects laid to the habit.

Some of these defects are fairly often encountered today, it is true. But there always have been some of them. They occur just (*Continued on page* 68)

How *to* Treat CANCER

¶ *What to Avoid Is as Vital as What to Do. Read the Opinion of a Specialist*

By Elnora C. Folkmar, M. D.

Director, Anti-Cancer Center of the District of Columbia, Washington, D. C.

CANCER is characterized by a systemic poison, by changes induced in the molecular structure of cells, and by definite clinical symptoms long before a tumor mass or an ulcer appears. The development of cancer tumors and ulcers, late manifestations of the disease, depends upon pre-existing conditions: an inherited predisposition; a susceptibility acquired through wrong living over a long period of time; the presence of one or more areas of tissue in which there has been interference with normal circulation; chronic constipation, and other conditions that favor the production of the cancer toxin. Cancer is a preventable disease.

The means recommended for the avoidance of cancer are: eugenic marriages; rational diet; more attention to physical culture, and the prompt relief of any interference with normal circulation.

THIS month we are to discuss what to do for cancer. This is not near as important a problem as the *prevention* of cancer. If the public can be taught to live so as to avoid cancer, the number of cases that will develop cancer tumors will rapidly decrease. There are today 300,000 persons in the United States suffering from cancer in a form sufficiently advanced to be readily diagnosed. Unless physicians learn to recognize the presence of the cancer toxin at a much earlier stage and institute treatment in harmony with Nature's methods of preventing and curing disease, the awful suffering and consequent loss of life will continue.

It is often quite as important to know what not to do as to know what to do. Let us review briefly the methods most in vogue during the last quarter century for the cure of cancer and the relief of suffering. All of these have been directed to the removal or destruction *in situ* of the cancer tumor or ulcer. The oldest is surgery. It still holds first place among orthodox methods. It is the method urged in the bulletins of the American Society for the Control of Cancer and by the American Medical Association. Its failures are many. Its successes are few.

A recent report of the Department of Public Health and Public Welfare of the Commonwealth of Massachusetts gives the average duration of life of a cancer patient as twenty-one months from date of diagnosis, or first observation of tumor, and of the operated case, as less than three months above that of the non-operated. Even the so-called successes of surgery in the treatment of cancer often turn out to be failures, for many of these later develop recurrent or new growths. Formerly, if no recurrence occurred within three years, the case was pronounced cured. Later the time limit was increased to five years. Today, conservative surgeons fix no time limit; for, among the very few that live five years after operation, a number develop new growths after a period of seven, ten, or even twenty years.

No one who has been operated upon for a cancer growth can feel assured against recurrence. As one physician who had had both breasts removed, said to me last year: "The fear of return ever hangs over the head like a sword."

The fact that recurrence is so universal, gives the lie to the statement that cancer is a local disease, that it can be cured by any method of removal or destruction of the tumor or ulcer *in situ*. Recurrence is most common in breast cancer. Even when an early diagnosis is made and a radical extensive operation is performed immediately, recurrence is the rule and not the exception. Does any one know why? To me the explanation is to be found in the fact that considerable injury in the course of the operation is done the tissues that remain. No cancer tumor develops in healthy tissue, in tissue that has a free and adequate circulation.

NOW what happens when a breast cancer is removed by surgery? First, the entire breast is removed. This leaves an open wound, often larger than a tea saucer. Next, the surgeon loosens the skin for some distance from the tissues surrounding the open wound. He searches for and removes all discoverable lymphatic glands beneath the skin under the arm. Then begins the pulling and stretching process of bringing the skin edges of the wound together so as to cover the large open gap. Strong ligatures are used to hold the skin in place. This procedure necessarily injures tissue and interferes with the normal circulation.

Nothing has been done *to remove the cancer toxin from the blood*. Little wonder is it that many small cancerous growths soon appear along the scar of the incision, in the stitch punctures, or under the arm. These later break down and form ulcers. Fourteen per cent. of all deaths from cancer among females is from cancer of the breast.

It is a frequent observation that a malignant tumor grows much more rapidly if it is cut into. New growths soon appear in other parts of the body after an incision is made into cancerous tissue. They are called metastatic growths. They were thought to be started by the liberation of cancer cells when the tumor was incised. The freed cells were supposed to wander by way of the lymphatic and blood vessels to distant parts of the body where they set up new growths. For this reason, a surgeon, in the removal of a cancerous tumor or ulcer, always cuts wide of the margin and searches for lymphatic glands in the surrounding tissues. These glands form lodging places for the wandering cells, since (*Continued on page* 102)

A Nation-Wide Search *for the* Modern Physical Culture Venus

IN this heyday of flat-chested, bustless, hipless women, PHYSICAL CULTURE'S quest for a Venus will undoubtedly receive the attention of a vast army of followers of all things that are beautiful and healthy, especially the feminine form.

Of course, PHYSICAL CULTURE will be interested only in seeking out amongst the athletically inclined, unmarried girls ranging from the ages of sixteen to twenty-five, the one girl who above all else, has beauty of body. And it will go without saying that she who is possessed of a divine, buoyantly healthy, symmetrical form, will most probably have beauty of face as well.

The winning girl will have to be athletic in every sense of the word. She will have to possess certain required physical measurements. She will have to be of the wholesome, robust, young womanhood type. She will have to symbolize the Young American Motherhood idea.

And how will this glorious girl with those priceless gifts of life be crowned? What shall be her reward?

Fame and fortune will be within her reach. She should become a national figure over night. She will be brought to New York, and then with her mother, or any other feminine chaperone, she will entrain for Hollywood, if she wins the finals to be decided in New York.

In addition to the emblemated souvenir that she will be given as America's Physical Culture Venus, her train fare and that of her chaperone will be paid out to Hollywood, and she will be given a contract to appear in motion pictures without having to pass the red-taped screen tests.

The contract will be for ten weeks at a salary of $150.00 per week, and in the event that at the end of that period she fails to rise to the high expectations of the film producers, she will be adequately taken care of by being presented with train fare for herself and her chaperone to whatever town she may come from. The opportunity to make good will at least be hers.

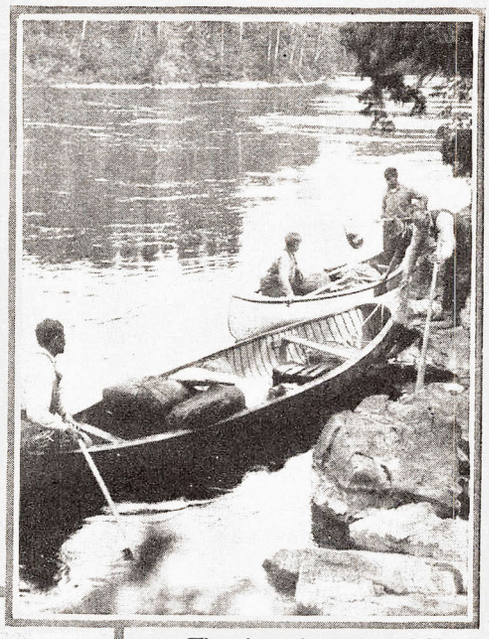
So, athletically inclined girls, have a full length photograph taken of yourself in a bathing suit if you haven't had a recent one made. Write on the back of it your name, address, height, weight, color of eyes and hair. Note down the size of bust, hips and waist. Let us know the measurements from the ankle to the knee, from the knee to the hip-bone, and from the hip-bone to the shoulder blades. How much do your ankles measure, your thighs, neck, wrists, and size of shoe?

Fathers and mothers! If you have reared your daughter along the proper health-building lines, if you are proud of the splendid developments of your girl, you will not fail to have her considered in this nation-wide campaign in search for a Physical Culture Venus.

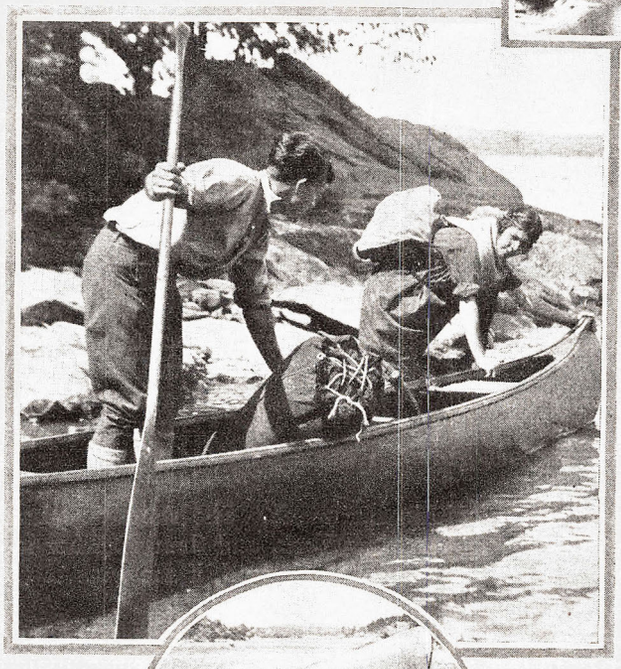
Whatever you do, don't have expensive photographs taken. That is not necessary. Prepare this photographic application of yours and have it ready to be sent to the Physical Culture Venus Editor, Macfadden Building, New York City, next month when the contest officially gets under way. There will be more important announcements concerning this nation-wide search for the Physical Culture Venus in the June number of PHYSICAL CULTURE Magazine.

BUILD *a Better* BODY *by* CANOEING

¶Few Occupations Can Equal It for Enjoyment of the Great Outdoors



The day-long paddle through wilderness waterways, the carrying of your canoe and equipment across portages, the thrill of shooting rapids where every mental faculty must be on the alert—these will build one physically and mentally



Photos by H. Armstrong Roberts

THE primal urge of the average American is the safety valve of the nation. Were it not for that urge to revert to those things which our forefathers did as a matter of actual necessity, as our means of finding surcease from the debilitating influences of civilized life, we would in the very nature of things have been rearing a Gargantuan incubus that eventually would turn upon us and devour us. But we continue to walk in an age with automobiles and subways galore in which to ride; we romp and play in athletic sports in the midst of a world full of luxurious comforts; and at certain periods of the year we get the urge to go off into the woods and live the life of savages again as a matter of preference from the ether of ease which we ourselves, in the name of civilized progress, have created—and as a result our physical bodies are recreated over and over again and the physical perfection of the race more nearly attained.

We must build better bodies individually and collectively to prevent national decay, to escape the personal ills that would come upon us as a result of our falling victims to the opiate influences which we ourselves have created—and it is to this end that our periodical vacations should be directed.

Personally, I like to believe that a great majority of Americans are heartily sick of "perfect cuisine" and "dancing pavilion" vacations, and that the thought of a gang of tourists riding around in a "rubber-neck" sightseeing coach gives them a severe pain. I am firm in the belief that ninety-nine out of a hundred Americans on vacation would attach themselves to a mahogany Indian guide and go out into the howling wilderness to travel untrodden trails and do deeds which whip into pulsing life the muscles and sinews which most of the year lie dormant: to enact once again, even in a small way, the physical contacts with Nature which our forefathers knew—if they only knew how to go about it and had the nerve to tackle the experience for the first time.

A canoe trip is the very antithesis of the organized and "personally conducted" vacation, for above everything else its demands are for individual and independent thought and action, and you must meet your problems as they come instead of preparing for them in advance, while your own self-reliance, individual judgment, and personal capacity for taking care of yourself, are the only buffers against discomfort. Furthermore, the physical exertion that it calls for—the day-long paddle through wilderness waterways, the carrying of your canoe and equipment across portages strewn with fallen timber, the making of camp each evening and the breaking of camp each morning, the thrill of shooting rapids where every mental faculty must be on the alert—these will rebuild one both physically and mentally as no other form of vacation will do. And one returns to the civilized world with new life, a new vigor, a new urge to tackle those problems which modern civilized life has presented—and he has found a sure way to detour the doctor's office.

Too many who possess the urge to try this form of vacation have too little confidence in themselves

Physical Culture Outdoors

A Department for lovers of outdoor life, in which each month they go hiking, camping, canoeing, swimming, and learn where to go and the proper equipment to take.

Conducted by

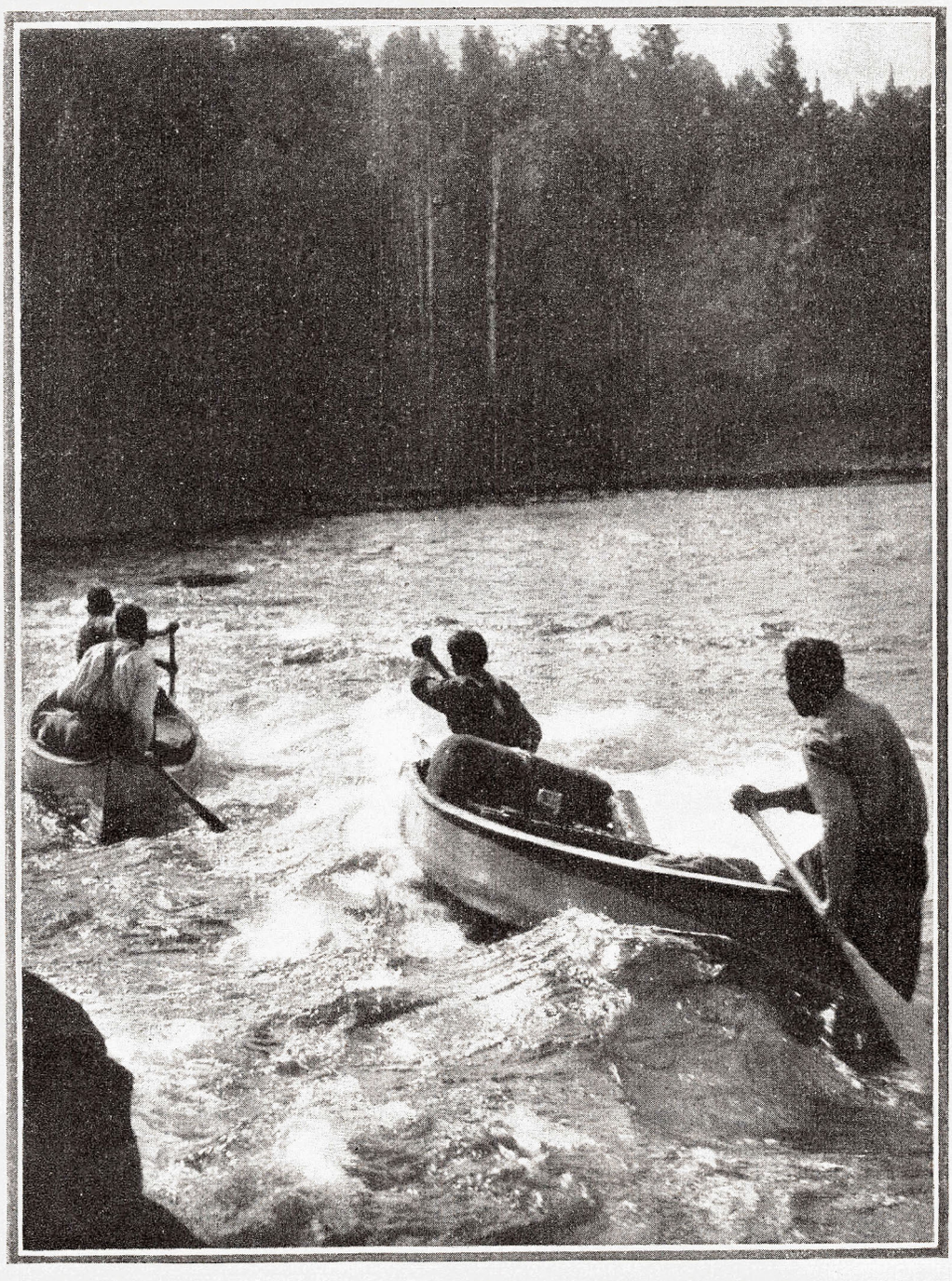
Edgar Forest Wolfe

because they exaggerate its difficulties. Others fail to yield to the urge because they have a false idea of the expense entailed. A healthful and pleasant canoe trip even through the wilds of Canada is no trick which calls for the services of a hardened woodsman, and an entire month spent on a carefree vacation threading the mazes of wilderness waterways, is less expensive than one week spent idling on the veranda of the average summer resort hotel.

A little previous practice getting into and out of a canoe—a simple trick to learn, a little average judgment in loading the canoe so that it will rest evenly balanced on the water, a little caution applied in the matter of which waters to trust yourself in the canoe and which to portage around—given these and a good map of the "waters" to be traversed on which the location of the portages is plainly marked, and the veriest tyro need not fear to trust himself even in the wilds of Canada without a guide. The guide is a useful adjunct—but not a necessity. He will likely be a better cook in the woods than any manipulator of civilized cuisine will be under similar circumstances; and as a worker and chief adviser and a compendium of useful information about the woods, he will be found both useful and interesting—but, on the other hand, if he isn't of the congenial type, he is apt to be a pest in the social amenities of the occasion.

AND the promotion of canoeing vacations has grown to such proportions today in Canada that there are carefully prepared maps of the water routes even through the wildest and most remote sections of the Canadian wilderness that even the most effete citizen of the city can follow without a guide, and these maps can be secured without cost from the proper Canadian authorities. It is not even necessary to take your equipment with you—except the clothes you are to wear.

IT is less expensive and less trouble to rent your canoes, tents, bedding, cooking utensils, and entire outfit at the point where you embark for your paddle through a wilderness wonderworld. At practically every point in Canada where it is possible to (*Continued on page* 84)



There isn't a summer resort in the world that can match this for a low cost vacation

"I Am Going *to* Be *the* World's STRONGEST CRIPPLE"

Louis Syracuse before and after he took up physical training

¶ *This Boy Can Put to Shame the Prowess of Many a Sound-Bodied Man*

By Samuel F. Syracuse

I AM writing the following story to call the world's attention to the marvelous development which my brother, Louis, has undergone during the past one and one half years. What I have to say is not being said as his brother, but as a daily and constant observer of this young fellow. The results of his efforts and undying ambition can be beneficial to all—strong and weak, rich and poor all over the world.

Not so many years ago, in 1908, Louis was born and probably destined to be a cripple for life. But he wasn't discouraged over that. Walking came to him at the age of fifteen months, only to be taken from him at three years. Surely his happiness in freedom of locomotion was short lived. How well I can remember the dozens of times, during those few months, that he lost himself in his strolls, and we would locate him far from his home. Now, it occurs to me that those events were only a mockery to what was in store for him.

I can clearly recall what happened on that fateful evening when my brother was decreed to lose the use of his limbs. We were four brothers in all, and were busily occupied in the game of "Hide - and - Go - Seek." While Louis was searching for us in the darkness, a pair of dogs near by started a fight, with the accompanying yelps and cries of pain. This was so terrifying that the youngster stumbled to his mother, horrified. Mother put him to bed, with a high fever steadily growing worse. By morning we learned that he was afflicted with a stroke of paralysis.

From that day on, his life was most miserable and uncomfortable. My folks stopped at nothing to give him the best of surgeons and hospitals both in Buffalo and New York. Louis could not move nor take care of himself nor be of use to anyone. He had to be carried wherever he went. Only a mother in similar circumstances can realize what patience and care and toil my mother had to put up with. Yet she was most noble in her faithfulness, never once shirking her duty or possibility of benefitting him, not mentioning the fact that she had three others to contend with.

Louis survived about

(*Continued on page* 78)

Letters From Girls and Men Who Live the Physical Culture Life

Conducted by Marion Malcolm

THIS Department is a personal experience forum, in which our readers may by word or picture relate their physical culture experiences—in health building, in athletics, and outdoor life, etc., and tell what physical culture has meant in their lives.

We will pay, each month, ten dollars for the featured letter, five for the second and three for the third. To the writers of the other published letters we will remit the price of a subscription to PHYSICAL CULTURE for one year.

Note that photographs or good snapshots greatly enhance the interest of a letter and are welcomed. Permission for their publication should be given. THE EDITOR.

A Frank Talk *to the* PATIENT

¶ *You Can Help the Doctor to Help You by Following These Pertinent Pointers*

By Anton W. Oelgoetz, M. D.

THE EDITOR, Physical Culture Magazine—

DEAR SIR: Your new department, "The Doctors' Forum," which you have established for creating a closer relationship, a more complete understanding between the Doctor and his patients, should be productive of much good. It is high time that such a department is being established somewhere. I am quite sure that if patients better understood the problems that confront the Doctor, they would not do many of the things that make the practice of medicine a very nasty business indeed.

I feel sure that most of the things that patients do, which make medicine such an unpleasant business, are due, not to a willful desire to make the Doctor's life hard, but to sheer thoughtlessness. Like the mob who crucified Christ, "They know not what they do." Nothing equals a good heart-to-heart talk for thrashing out our little difficulties.

I am a Doctor. I have been singularly successful. I have made as much money, perhaps more, than I could have made in any other business. And I love the work. But if Saint Peter permits me to choose my business in the next world, I don't believe I shall be a Doctor. Of course, every business has its ups and downs, and the Doctor must expect to have his. But people do make so many demands upon the Doctor which wouldn't be tolerated for an instant in any other business.

For example, I wouldn't think of calling on a business man without first making an appointment. But when people call me—or any Doctor—they come at all hours of the day and night, whenever it happens to be most convenient *for them*. Although I spend from twelve to fifteen hours in my office every day, including Sundays and holidays when no one else works, hardly a night passes without some one calling me after hours. They wouldn't think of calling a plumber after hours—he wouldn't come, if they did. But no one hesitates to call the Doctor at any hour of the day or night. They don't seem to think that the Doctor's time is worth anything. Or perhaps they don't give the matter any thought at all. That last must be the reason, as in no other way can you explain the thoughtless things that people do.

For instance, on Christmas Day, when I was having dinner with my family for the first time in months, and notwithstanding the fact that I had spent from eight A.M. to four P.M. in my office, a woman called me on the telephone at six o'clock and asked to see me in ten minutes. She had an appointment for the next day, and her case was not an emergency one. She explained that she was in the neighborhood, and that if I would see her then, it would save her from having to make the trip to my office the next day.

I am a systematic sort of fellow. I like to lay out my work each morning and then give my undivided attention to each detail. But you can't do this in medicine. Like as not, just as you are about to tackle one problem, some one will call from the other end of (*Continued on page* 120)

What the Doctors' Forum Means

We feel that a department such as this will make our magazine even more valuable and helpful to our readers, since there is so much that the Doctors, of all schools of practice, have learned and can teach us. No one has a monopoly of all the truth. And after all, even the physical culturist is largely indebted to the medical profession for that knowledge of anatomy and physiology which serves as a basis for his methods of building strength and vigor.

Not only have we always had the benefit of valuable contributions from reputable and learned physicians, but Mr. Macfadden's recent editorial on the subject of Doctors has brought us a startling number of letters from medical men in all parts of the country, indicating that they have been following closely the work of this magazine, and voicing the fact that they find much in common between physical culture and their profession. One thing made clear, incidentally, is the fact that an astonishingly large number of physicians now depend to a very great extent upon dietetic, hydrotherapeutic, manipulative and other physical measures to secure results that they cannot get, or get very imperfectly, by means of drugs.

From time to time over a period of years we have given space to opinions representing the "other side of the case," especially with reference to topics such as birth control, vaccination, the bacteriological factor in disease, eugenics, and many other more or less controversial subjects. This department will now offer where the Doctors as well as the laymen are concerned, a fuller opportunity for the airing of conflicting medical opinions, when sufficiently interesting, as well as the presentation of new knowledge, new discoveries of science, and even criticism of views expressed by any of the contributors of this magazine.

—THE EDITOR.

Should I MARRY This MAN?

¶ *"PUZZLED" Is Undecided Between One Philanderer She Loves, and Several Constant Companions She Likes. How Would You Decide?*

What Would You Do in This Case?

A Department of Analysis of Personal Problems of, by and for Our Readers

Conducted by
Ruth Rogers

HERE is a letter from a girl of today, who is trying to find herself in the whirlpool of life that seems to have engulfed her.

As I read it, I found myself wishing with all my heart that she had given me an address to which I could have sent an answer at once, for she needs help and needs it quickly to save her heartache and possibly tragedy:

Dear Miss Rogers: I am writing to ask you for some personal advice which I hope you will be able to give me.

I have been a regular reader of your magazine for years. I have always been interested in reading your column, as it presents to us the true problems that arise in life every day, and oftentimes it makes us feel how lucky we are, as well as makes us appreciate more than ever the good fortune and good things we have had.

Now for my problem. Dear Miss Rogers, I have always had a very strict sense of morals, and what was right and wrong. I have had many lovely boy friends, have met and gone with many different types and kinds, but I never cared to associate with the fast type of boys. When I knew they were that type I let them go their way. I know real love when I have it, and I also know what it means just to like a person or care for them only as friends.

There are very few people I could really love, and when I do meet someone who loves me, and whom I love, we have a real deep love affair, and then tragedy always results. Either someone else breaks us up, or there are other reasons that cause our love affair to be broken. When I love anyone I love them with my whole heart and soul, and when I lose them it hurts me terribly. I have had a broken heart more than once, and to me it is far worse than losing one in death. My love with men has always been a pure good love.

Now I find myself in a very difficult position. One of the boys that I cared for only as a very good friend, has come to mean a great deal more to me. That is, I always cared a great deal for him, but I never really loved him as much as I do now, although I wish now I didn't ever care for him.

He is a college man, and when I first went with him he was just as I liked to have him be, but after some time he met other girls who were of the fast type. He does not believe in just going with one girl. And he does not care to marry anyone now, he said.

Before he went with these fast girls, he asked me to marry him once, and I told him it would be better if he finished school first, as then he could make his living easier. He thought a great deal of me then I know, but at that time I was deeply in love with another man, with whom I broke up later, but did not know I would at that time. I thought if he really loved me now as he did then, he would not expect me to marry him, but he does not feel that way about it. I really think I love him deeply now, as he is on my mind constantly, and he hurts me terribly. But I think it is no doubt useless. I think the better time a girl shows him the better he likes her.

I have not seen him for a month, and I may not see him again. The last time we quarreled, and he doesn't like me as well for that reason I know. I have other lovely boy friends who treat me right, but why I love the one that doesn't, is more than I can tell. I have tried to forget him and to think of other things, but he always comes back to my mind.

DO you think I am foolish to continue to think of him, in spite of the fact that he goes out with other girls? I feel very peculiar about it. I am up against it. I don't know where I am at, or what to think. If I didn't care for him as I do, it would not hurt me at all. But as I love him the way I do, it hurts me terribly when I do not see and hear from him. What would you advise me to do? In case he does not call me again, shall I call him? I never do, but he has several things which belong to me that I want badly, and he is very slow about giving them to me.

I think I have told you all. (*Continued on page* 132)

Milk, whole grain cereals, dates and eggs, are excellent foods for putting on pounds

How to *Gain* WEIGHT

¶ *Make Sure You Need to Gain, Then Eat Correctly. Learn How*

In This Department

MILO HASTINGS

Director, Physical Culture Food Research Laboratory

Advises You How to Eat

QUESTION: Please write me out a list of the foods that are best for gaining weight.

ANSWER: Very often I am asked that question. I only wish that I could sit down and write out such a list, and that all the thin people in the world could merely partake of the listed foods and thereby become the well rounded Venuses or the handsome Apollos they wish to be. But it is not so simple as that.

However, I am not going to dodge the question entirely. You shall have your list of foods, for what such a list is worth; but much fuller directions are needed on the weight-gaining food-medicine than "shake well before using." Better directions might be, "think well before using;" but such directions would be hard to follow, especially if one lacked the essential knowledge to think with.

The reason there is no single food list, or single set of dietetic instructions, that will put flesh on all conspicuous ribs, is that not all ribs are conspicuous for the same reasons.

People who want to gain weight may be roughly sorted into three classes: 1. Those who are small framed in proportion to their height: that is, people who are just naturally slender. 2. Those whose muscles are undeveloped and who have no great amount of fat to cover up and obscure the deficiency. 3. Those who have only moderate muscular development and wholly lack the typical fatty deposits that the normal person of like age and sex possesses.

The first class of people are slender but not necessarily undernourished, yet they want to gain weight because they want to look more like other people and cease to be conspicuous because of their slenderness. I usually discourage such people from any effort to gain weight other than such growth of muscles that may come through exercise that is also needed for general health. Slender men, especially after passing middle age, are better off to stay slender. Efforts to get fatter are often worse than useless. Such men will live longer as they are, than fattened to give the illusion that they are big men when they were born to be slender men.

Slender young men need encouragement in muscular development. The slender girl needs encouragement in muscular development, and may at least be excused for wishing to carry some fat to round out her form. A young man with his greater possibilities of muscular development has less excuse for added fat. But at that, the fat will hurt him far (*Continued on page* 70)

What Has *Physical Training* Done for YOU?

HAS It Helped You to Overcome Disease? Has It Given You Strength? Beauty? Magnetism? Has It Increased Your Capacity for Making Money? Tell us!

CAN you tell us that in a few words? Perhaps in ten words, as you would write a telegram?

Every day we receive letters from readers telling us of wonderful things that physical culture has done for them. Men have built strength; women have gained health and beauty. Many have fought and conquered kidney disease, tuberculosis, goitre, diabetes, and other supposedly incurable maladies with the help of physical culture, giving the self-curative power of the body a chance. To some physical culture has given a new psychology, revolutionized their mental outlook and brought success.

We publish some of these letters, as you know. But while we hear from hundreds of our readers, we know that there are thousands and hundreds of thousands of others who have been similarly benefited.

We want this information.

We want to tabulate and classify it. We want to have in our files all the data as to what physical culture has done and is doing for the masses of the American people.

That's why we are now asking you to write us, in a few words—as you would word a telegram—what physical culture has done for you, using the term not merely as meaning the magazine, but rather in the sense of the practice of physical culture living. Has it transformed your mental and emotional outlook, given you hope, ambition, enterprise? Has it brought you happiness? Has it given you strength? Health? Has it overcome disease?—and what? Has it given you beauty—personality? Has it helped you to make more money?

This is not a prize contest. We offer you nothing in return for your trouble—except our thanks. We know that if physical culture has benefited you, out of common gratitude you will be glad to write the few words of information we want, and use a postage stamp to send it to us. To make it easy we supply the following coupon. Say your say in ten words, if you can, but use twenty or twenty-five, if you need them.

"WHAT PHYSICAL CULTURE HAS DONE FOR ME."

Editor, PHYSICAL CULTURE,
1926 Broadway,
New York City, N. Y.

I have been benefited by physical culture. It has _____

_____

_____

_____

NAME _____

ADDRESS _____

You'll be sorry!

The daily habit of rushing away to work half-fed is sure to react unfavorably upon the health and efficiency of the business man.

You'll be sorry!

Failure to begin the day with a nourishing meal has contributed to many a man's breakdown under the strain of business life.

You'll be sorry!

The meal that follows the longest fast and precedes the hardest work of the day cannot be neglected with impunity.

You'll be sorry!

Morning starvation is dangerous and unnecessary, even when appetite is small! Careful choice of foods can make even the small breakfast a well-balanced meal.

You'll be sorry!

YOU, the American Business Man—you who, morning after morning, absorb a minimum of nourishment in a minimum of time—you are today the target for solemn words of warning from the medical profession!

These gentlemen view with alarm your bad habit of neglecting breakfast. And you might as well admit it—there's something in what they say!

Breakfast *is* an important meal. Better not laugh off too hastily the doctor's warnings to that effect. A little reflection—a few mornings of experimentation with better breakfasts—will convince you of the error of your present ways.

Millions of men find that one of the best aids to a better breakfast is the delicious food called Grape-Nuts. It is a food made-to-order for modern needs. *Ready to-serve. Remarkably easy to digest. And so rich in vital food elements that a single serving, eaten with milk or cream, gives you a liberal supply of splendidly balanced nourishment.*

Grape-Nuts gives you proteins for muscle and body-building; iron for the blood; phosphorus for teeth and bones; dextrins, maltose and other carbohydrates for heat and energy; and the essential vitamin-B, a builder of appetite.

And Grape-Nuts is good to eat—make no mistake about that! You'll thoroughly enjoy these golden kernels, with their nut-like, malt-sugar-tinged flavor and their tempting crispness.

It's this crispness, by the way, that makes dentists join with doctors in praising this food. You will really enjoy chewing Grape-Nuts thoroughly—and your teeth and gums will benefit from this healthful exercise which they so seldom get nowadays. Your dentist will tell you that modern soft foods are responsible for a very large part of our modern dental troubles.

Try Grape-Nuts tomorrow morning. Grocers everywhere sell it, of course. Would you like to accept the following offer?

Two servings of Grape-Nuts and a book on breakfast—free!

Grape-Nuts is one of the Post Health Products, which include also Instant Postum, Postum Cereal, Post Toasties, Post's Bran Flakes, and Post's Bran Chocolate.

Post Health Products

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G.—P. C.—5-28

MAIL THIS COUPON NOW!

POSTUM COMPANY, INCORPORATED
Battle Creek, Mich.

Please send me, free, two trial packages of Grape-Nuts, together with "A Book of Better Breakfasts", by a former physical director of Cornell Medical College.

Name.....

Street.....

City..... State.....

In Canada
Address CANADIAN POSTUM COMPANY, LTD.
812 Metropolitan Bldg., Toronto 2, Ontario

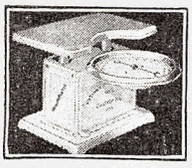
30 Day Weight Control Program Free

Nothing to Buy
Just send Coupon

FOLLOWING this program gives wonderful results, and proves one does not have to be or become too fat, too thin, or illy proportioned. It is based on the simplest, best, safest system of weight control known to the medical profession. Send for it today. It's absolutely free.

A Charming Figure Easily Acquired

BY THIS amazing system (the result of the Weight Control Conference held in the N. Y. Academy of Medicine), you can *weigh what you want* and take off or put on weight *where desired.* Approved by physicians. Endorsed by thousands. Following the 30-Day Program will enable you to take off at least 10 pounds and convince you that you can be youthfully slender, perfectly formed.



This Program (complete with daily menus, exercises, instructions) is given you by the makers of the Health-O-Meter Automatic Scale that makes weight control easy and safe, warns you if you are starting to gain or lose.

Procurable at most department, hardware, physicians' supply and drug stores.

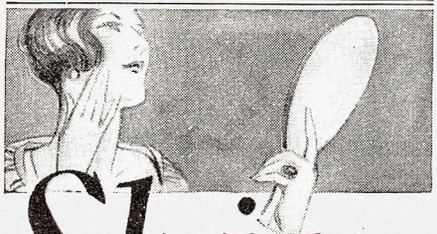
HEALTH-O-METER

Continental Scale Works, Dept. 1-E
5703 S. Claremont Ave., Chicago, Ill.

Without cost or obligation to me, send me your 30-Day Weight Control Program.

Name.....

Address .....



Skin TROUBLES

Poslam Often Ends Pimples in 24 hours

Pimples, black heads, eczema, rashes and other blemishes cleared up quickly and safely by Poslam. Used successfully for all skin troubles for twenty years. It must be good! Thousands of unsolicited letters from delighted users tell of amazing success. Buy Poslam at your druggist, only 50c, or let us prove to you free that Poslam will clear and beautify *your* skin.

RELIEVES ECZEMA INSTANTLY

Booklet with each package—at your druggist reveals beauty secrets. Wonderful how Poslam will soothe and heal itching, burning skin.

FREE Proof Sample

See amazing improvement within 24 hours. Free. No cost. No obligation. Send today for generous trial size of Poslam. Simply mail your name and address to

Sample Desk G, Poslam Co., 254 W. 54th St., New York, N. Y.

¶ *Does Your Baby Suck Its Thumb?*

Continued from page 57

about as often in children who as babies did not suck their thumbs as in children who once had the habit. But they are due more to adenoids than to any other condition. It is claimed that thumb-sucking leads to adenoids in many cases. Bosh and nonsense! These little enlargements of once normal tissue are due to wrong feeding and defective elimination, nothing more. They can appear just as well in thumbless children or children with hands absent.

WHILE some babies seem to have their thumbs in their mouths almost continuously, the actual sucking is spasmodic and there will be longer periods when the tongue and lips are at rest or merely lightly playing with the thumb than when they are working vigorously.

As for over-working the salivary glands, there is not a pronounced flow of saliva during thumb-sucking. The actual sucking action tends to cause some salivary action; and if the little thumb is dirty there may be enough flavor to excite a slightly increased flow. But observation of thumb-sucking babies will reveal the surprising fact that there is little if any swallowing except when the thumb is taken immediately after nursing and for a short time following. There does not seem to be any danger whatever of interfering with the digestion either as a result of too much saliva entering the stomach or a deficiency of this fluid. As for being a digesting fluid, it does not become such for a year or more after birth; and its alkalinizing influence upon normal gastric acidity is too slight to be given consideration.

There is a reason for thumb-sucking that outweighs all the evidence so far presented against it. That reason may be either a malnutrition or an irritation of the digestive system from wrong feeding. And it is unrecognized by a great many mothers and by a fair number of doctors. A baby normally nourished will not develop the habit of taking its thumb or finger in its mouth for pacification. Or if it has developed this habit—through improper feeding—it will forget the habit when disturbance has been corrected or its nutrition improved.

THE diet and health of the mother have more to do with the sucking habit of a breast-nursing baby than has mere perversity of the baby. A mother who indulges excessively in animal foods, or in refined sugar and its products, vinegar and pickled foods, high seasoning and other so called foods that harm her milk-producing functions or that corrupt her milk, may expect her baby to have troubles that the thumb may faintly relieve. If she fails to provide in her own diet the natural foods that supply every element necessary for proper growth and development of the nursing infant she may expect the same thumb sucking for relief. And if she adds unnatural sweetening to the baby's milk that is fed by bottle or to other foods when past the bottle stage and fails to provide an abundance of drinking water for the child it will develop the sucking habit for relief of thirst, though a poor relief it will be. Likewise if the quality or total quantity of food given the baby is inadequate for complete nutrition, whether the deficiency be in breast milk, bottle milk or other foods, the same results may be expected.

Whether as a result of malnutrition or of excitement in the environment, nervousness may cause a baby to seek its thumb for solace. The more fretful a baby the more inclined will it be to suck thumb or finger. Many times a baby may be made to give up one of its digits for real food only with difficulty, because something connected with the nursing has made it nervous or excited in the past. Or sometimes, whether breast or bottle fed, the milk may be secured only by such vigorous effort that the baby evidently considers it not worth the effort, and takes to its thumb which it can suck with any degree of vigor it desires. It may be hurried or, rather, efforts may be made to hurry it in its nursing, which the baby resents. The thumb it can take leisurely or let alone as it desires. Any of these conditions will make a child nervous and cause it to seek its thumb often.

THE thing to do when a baby has developed the sucking habit is to find out why and then correct *that*, letting the baby have the thumb as it wants in the meantime. It is my firm conviction that vastly more harm is done to the nervous system of the child by denying it its comforting thumb than can possibly result from sucking that thumb. If the thumb is denied without reducing the cause for desire for the thumb, then much harm will be done. The baby will grow into a child susceptible to all nervous disorders—providing it survives. Progress in building up the child by a proper diet and daily regimen will be greatly retarded if the child is forcibly restrained from obtaining consolation in the way it has learned when it needed succor. With no reduction of the cause it requires harsh measures to wean a baby from its thumb. In fact, it will not be weaned, but will go back to its thumb even after months of forced abstinence if the cause remains.

If the practice has become nothing but a habit the mother may consider breaking it, though she may have a task on her hands. There are not many methods that may be used safely. One that should *not* be used is putting on mittens, for the material of these will pick up even more dirt than will the hands, and the harshness of the material may be injurious to the gums. The same is true of dress material made to extend over the hands and tie. If the material is very soft there may be little or no harm to the gums, but it will not prevent the child from getting some little digit in sufficient prominence to keep up its habit. Also, the habit is not to be broken in small babies; and such methods will be useless in the children old enough to suck thumbs merely from habit.

Rubber and celluloid balls with a proper size hole in each have been recom-

mended to put over the hands, the babies wearing them resembling in one respect monkeys that have their hands caught in cocoanuts in which were some delectable tid-bits that, once grasped, would not be abandoned or surrendered. The balls will give babies no surface small enough to get into their mouths; but with children old enough to be broken of the habit it will be practically impossible to keep such contrivances on the hands long enough at a time to be effective.

A very unmotherly practice of some mothers is to place upon the thumbs or fingers some substance having a very disagreeable odor or taste. Aloes, alum, quassia, asafetida, pepper, and some other obnoxious or disagreeable substances are used at times. Notice a child who cannot suck because of such a substance and you will see an extremely fretful child. But even this fails to deter some children who, while sucking in spite of the substance, may do themselves considerable harm through the drug or chemical.

A METHOD that often is effective in younger babies but which will not be permitted long by children old enough to know better than suck thumbs but suck them anyhow, is the use of pillory-like cardboard mailing tubes about the elbows or, probably, along the entire length of the arms. When these are on, the elbows cannot be bent, and of course the fingers or thumbs cannot be brought near the mouth. But the problem is to *keep* them on! Another method that will be effective in a similar way is to bind the hands down to the sides with over-long sleeves tied or pinned to a waistband. Even if either of these is effective in restraining a child it will be so at the expense of the child's temper and his mental and physical advancement. Children resent forcible restraint; and they need use of the arms and especially the hands for physical progress and for brain development. It is certain that the brain needs the exercise of the hands, and the greatest mental progress has been made since the human race learned to use the thumb *as* a thumb instead of as a finger. And who knows but that the sensory impulses passing from the sucked thumb to the brain have a stimulating, tonic, or educational effect of some degree upon the brain and enhance its development? To consider that it might do so may be just another notion. Anyway, I know of no way to prove or disprove it.

But there is no more need to encourage thumb-sucking than there is to discourage it. If a baby will suck its thumb it just will, and you can depend on it; if it won't, it won't. But for my part I should rather teach a child to suck some digital extremity if it were restless and irritable than to deny it one of these members if it wanted it under the same conditions. I am sure far greater harm will result from the denial than from the indulgence. So go on gushing over thumb-sucking babies all you want—but at the same time when it's *your* baby, try to correct the conditions that make the baby want to indulge in this soothing habit. *That*, rather than the habit, is what should concern you.

See Page 59 for Important Announcement

The ART *of* Making Children Like What's "*Good for Them*"

Easily-followed suggestions that mothers are finding especially effective—cereal foods in unique combinations that appeal to the children.

SEVENTY-FIVE per cent or more of children who ordinarily don't take to cereals will eat this kind . . . and love them! *They* think they're confections. But *you* know they are essential grain foods, offered enticingly to tempt childish appetites.

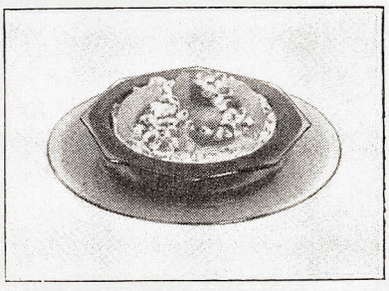
Quaker Puffed Wheat (containing over 20% of bran) and Quaker Puffed Rice, are different from any other cereals known. They taste different—look different—*are* different.

They taste like toasted nutmeats. They crunch in the mouth like crispy toast. They have a flavor so enticing and delicious that children revel in them.

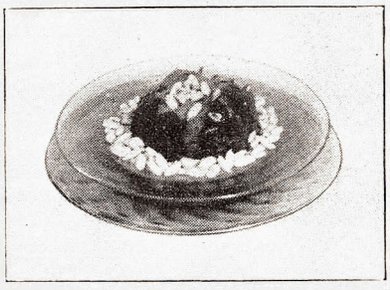
And that meets the modern idea of diet. They start by *tempting* the appetite. And foods that tempt digest better. No more coaxing to eat cereals.

Each grain of these unique foods is steam puffed to 8 times normal size. Then oven-crisped. Every food cell is thus broken to make digestion and assimilation quick. No other foods in all the world enjoy this steam-puffing process.

Serve with milk or half-and-half, and thus add further nutrition and important vitamins. Give as tidbits between meals. Serve as the ideal children's supper; the ideal adult breakfast and luncheon; and, too, as a bedtime snack that will not interfere with restful sleep.



Serve a peach with Puffed Wheat, add the full rich juice and cream



A baked apple with all its syrup, with Puffed Rice and milk is good

Get Puffed Wheat or Puffed Rice at your grocer's

THE QUAKER OATS COMPANY

¶ *How to Gain Weight*

Continued from page 65

less as a young man than it will after he reaches forty or fifty.

The second type I mentioned are underweight simply because their muscles are small and undeveloped for the size of their skeletons. They certainly need encouragement in a complete program of health building, including exercise and outdoor life and a good general health diet. Concentrating on the idea of weight gaining through food alone may be dangerous for them rather than helpful. If they are successful in finding some form of diet that quickly puts on weight, they may merely cover up the undeveloped muscles with fat and fool themselves into thinking they have developed a good physique when they have really only become undermuscle fat folks.

The third group of weight seekers are those who may legitimately seek increased weight through special feeding efforts, for while it is fat that is lacking, its lack is so complete that, together with underdeveloped muscles, it indicates a condition of malnutrition.

When we say that fat is useless from the health standpoint, we refer to fat in excess of that on a normal symmetrical body. Weight alone cannot determine this, nor even measurements. An inspection of the individual body quickly reveals whether it is hard muscle only, or heavy deposits of useless fat or that normal condition in which the muscles are slightly smoothed and rounded with a very moderate deposit of fat. If you are unskilled in making this analysis, use your eyes during the bathing season.

There is a legitimate excuse and a real need for some fat in the human body. Fat is nature's store of fuel food for those times when the immediate diet does not supply enough energy yielding elements. That occasion might be when one simply doesn't get food, or when one is ill and refrains from eating or cannot digest food, or when one undertakes some long and arduous physical labor during which period he cannot and should not be expected to digest food as fast as energy is expended by the body's normal activity.

Now a person suffering from underweight of the true malnutrition type has no such reserve of fat, and if any of these conditions for extra energy arise, some of the muscle or other vital tissue may be oxidized. If this condition is chronic and the assimilated food is always on the borderline of insufficient quantity, then we may have a chronic case of true underweight, in which not only does fat fail to accumulate but the muscles themselves cannot properly develop because the nourishment they require is used to sustain the daily demands for body fuel.

I trust that the above analysis will help you to better comprehend just how your condition of underweight classifies, and what course you should take toward remedying it—or perhaps forgetting it and letting good enough alone.

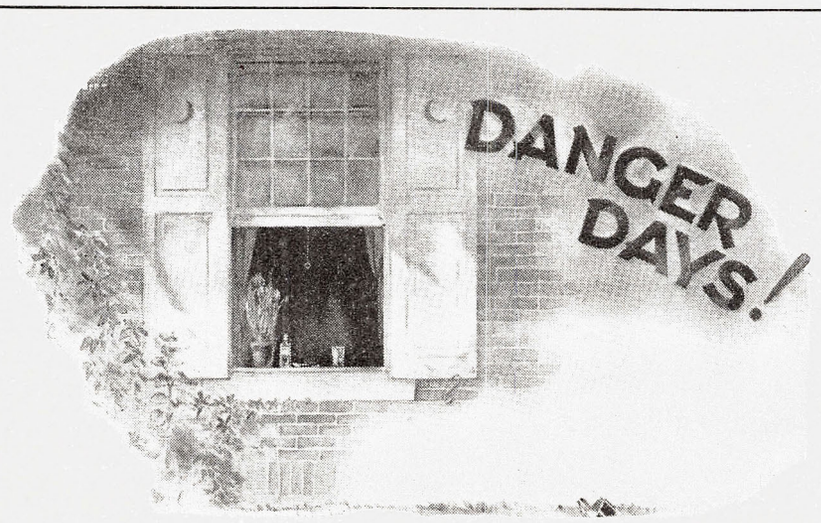
If more weight is to be added from food, your next problem is to discover what foods you as an individual can best assimilate. You need a good all 'round health diet, as do we all, to support all the functions of life. But in addition you need to find some foods that you in particular can eat more of than you have been eating, for you can not add weight to the human body without more food than it takes to maintain weight. You can add a pound or so of water, but it won't stick; you must have food, and almost any food will build the added fat if you can digest and assimilate it better than the foods you have been eating.

Weight gaining through diet therefore becomes a personal study of what foods are best tolerated by the individual digestion. Any list of foods is therefore only suggestive. Moreover, it must be understood that in selecting additional foods for the special purpose of weight gaining, the diet must still contain all the essentials of good nutrition. Thus milk alone, being the most complete food, forms a good weight-gaining diet; but olive oil, which as an additional food might be of use with a proper diet back of it, when added to less efficient diets, would only make matters worse by increasing the degree of deficiency that might already exist for protein, minerals, vitamins, or cellulose.

With these numerous cautions I suggest the following foods that have often been helpful in weight-gaining programs:

Milk
Cream
Cream cheese
Buttermilk (if there is fat in the diet from other sources)
Eggs (used in moderation)
Egg yolks
Egg yolks taken with orange juice
Milk with added milk sugar, corn syrup, or honey
Sweet fruits—dates, figs, or raisins
Well ripened bananas
Baked potatoes with plenty of butter or bacon
Any salad oil or mayonnaise dressing
Nut meats of any sort (if well digested)

(*Continued on page 72*)



Reserve Energy Will See Him Through

"Inside that room there are whispers—tiptoes—tear-stained cheeks. Danger Days have come."—So runs the advertisement of a well-known whole wheat cereal company.

But not only are the days spent in a sick bed dangerous ones but every day that we live during which we do not eat wholesome, nutritious food is an equally dangerous day. Because through such negligence the normal vitality is decreased, resistance runs low and those ever present disease germs are too often victors over our natural immunity.

Health comes from sunshine, fresh air, sleep, exercise, and above all—nourishing food. Healthy bodies cannot be made of poor materials. So build up a proper reserve energy to ward off even the first symptoms of disease.

The right kind of food is most important in maintaining health in grown bodies as well as developing it in growing bodies. Remindful of this—

Advertisements of food products are accepted in PHYSICAL CULTURE only after due analysis by our staff experts and such products are found to measure up to the highest nutritional standards

Nobody has to drink substitutes now. Nobody needs to give up coffee

—here's one fine coffee that lets you sleep

FRAGRANT and cheery this coffee is—yet you can drink it, even at midnight, and sleep. Kaffee Hag Coffee is a delightful blend of the world's finest quality coffees—but it has 97% of the drug caffeine removed. It does not affect the nerves. It will not keep you awake.

But you'd never guess, by tasting, that the caffeine was absent (caffeine is odorless and tasteless). We extract it by an exclusive process. We leave the flavor and strength untouched. All the quick, bracing effects of coffee remain. They have never come from caffeine anyhow—but from aromatic coffee oils and heat. Caffeine stimulation doesn't even begin until two hours after drinking. Thus, there's no such thing as missing it at meal-time—*though, if drunk, it may keep you awake hours afterwards.*

How welcome Kaffee Hag will be to "substitute drinkers"! To thousands who have been forced to put up with unsatisfying coffee substitutes because they have never before been able to get real coffee without caffeine!

Try Kellogg's★ Kaffee Hag. This fine, satisfying coffee will add cheer to all your meals. And everybody can enjoy it unstintedly. All the delights remain—but the harm has gone for good. Doctors recommend Kaffee Hag. Many drink it regularly.

Most grocers carry Kaffee Hag Coffee. Full one-pound cans. Air-tight. Ground or in the bean. Ask for it, too, at hotels and restaurants. On dining-cars.

For just a penny a cup you can try Kaffee Hag Coffee at home. Mail the coupon below for a sample can. We invite you to compare Kaffee Hag with any other coffee you've ever before tasted. Blend for blend. Aroma for aroma. Sip for sip.

Not a substitute—but REAL COFFEE—*minus caffeine*

FULL POUND
16 OUNCES
IN EVERY CAN

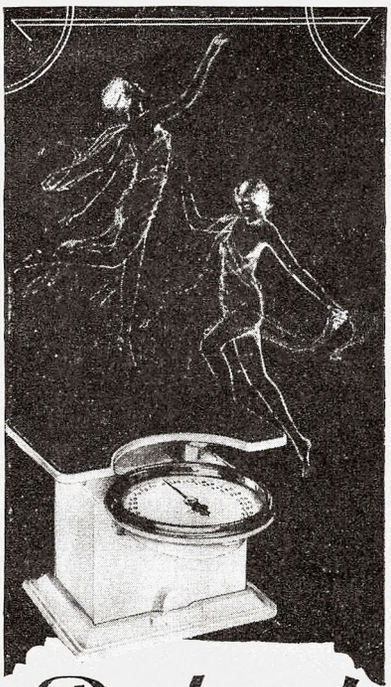
KAFFEE HAG COFFEE

★ Now a Kellogg product

KAFFEE HAG CORPORATION
1770 Davenport Ave., Cleveland, Ohio
Please send me, postpaid, enough Kaffee Hag to make ten cups of good coffee. I enclose ten cents (stamps or coin).

Name

Address



Reduce!

Safely Easily Pleasantly

Step by step, day by day, Detecto will help you in your campaign against FAT. Every morning its faithful little pointer shows you *accurately* how the pounds are slipping from you. Enlist the aid of this loyal little ally! More than a quarter of a million in use already.

DETECTO
WATCHES YOUR WEIGHT
The Scale That Helps You Reduce

Guaranteed for five years. Built to last a lifetime. Certified by New York State Bureau of Weights and Measures. 3 models and 4 colors.

DETECTO, JR. $11.85
Every pound up to 250
(Prices east of the Mississippi)

Detecto Ace	Detecto Royal
$15	$18.75

Every pound up to 300

Detecto is sold at hardware and department stores and surgical supply houses. Or direct from

The JACOBS BROS. CO., Inc.
318 Greenwich St., N.Y.C.
Makers Also of Detecto-Lette The Famous Springless Baby Scale

FREE

The Jacobs Bros. Co., Inc.
Dept. 17-318 Greenwich St., N. Y. C.
PC. 6-28

Please send me FREE booklet on Weight, by Dr. F. W. Murphy.
Also "Precious Ounces" for Baby's Health.

Name _____

Address _____

(Continued from page 70)

Milk soups (made rich with evaporated milk and butter)
Any whole grain cereal with good cream
Plain malted milk
Chocolate malted milk

If there is trouble with starch digestion, a fruit and vegetable diet, but only if goodly quantities of fat are taken and tolerated.

If meats are wanted, they may be most safely used in considerable abundance with a supply of juicy and sweet fruits and vegetables, but heavy meat eating is bad when added to grains, nuts, and dairy products.

Are "Sweets" Needed In The Diet?

QUESTION: I am an athletic boy of fifteen, and I am trying to build up my "wind." I live on milk, whole wheat bread, dried fruits, and vegetables. I do not eat anything with cane sugar, starch, or very much fat in it. My parents say this is silly and that I need some sugar in my system.

ANSWER: No, you do not need any *more* sugar in your system than you are now getting. Your sweet fruits are made chiefly of sugars, and your whole wheat bread, as well as some of the vegetables, contain abundant starch, which is changed to a sugar during digestion.

Neither this lad nor his parents have things exactly straight. He thinks he is avoiding starch, though he is eating considerably of it. And his parents think he specifically needs cane sugar, though he is getting plenty of the true biological sugars in even better form.

There is no absolute need for "sweets" in any diet, if by that we class foods merely by the degree of sweet taste. The sweet taste is quite an incidental factor, having little to do with the nutritive value, and a food is neither to be condemned nor approved just because it tastes sweet. The natural diet principle of recommending sweet fruits instead of so much refined cane sugar is a concession to our liking of sweet-tasting foods, as well as an approval of the sweet fruits as excellent foods. But it is an error to assume that sweetness as such represents any distinctive nutritional quality, for it does not. The dozen or so forms of sugar, as well as starches from all sources, are all finally reduced in the blood stream to the single sugar, dextrose (also called glucose).

What the young man has in mind is the avoidance of refined cane sugar and refined starch, and excess of refined fat—all of which foods tend to demineralize the diet, not because of any specially bad properties, but merely because they satisfy the fuel needs of the body and prevent the eating of enough complete foods. The body's requirements determine the total amount of food that will be eaten, and if the refined fuel foods having no other nutritional properties are used, there is danger of some deficiency. This is the most common danger with the typical civilized diet.

However, an active and athletic lad would be in less danger of such deficiency than less active persons, because his total food intake would be good; hence he would more likely get enough of every element in any fairly well selected diet containing milk, whole grain, fruit, and vegetables.

I selected this question for answer because it nicely shows up the erroneous notion that rates starch, sugar, and even fat *as bad in themselves*, whereas they are only bad when they crowd out some more complete foods. True, cane sugar is not considered as desirable a form of sugar as the sugars of fruits or honey. Mankind existed until a few centuries ago with the use of hardly any sugar in the cane sugar form. We would probably be just as well nourished now if all the cane sugar were blotted out of existence, and we were obliged to use the other types of food sugars.

But this recently popularized idea that starch is a food product that ought to be banished, is utter nonsense. Starch is the backbone of human diet, forming the chief bulk of all human food. The human race would starve in a month if starch eating were stopped, since starch is the principal component of both grains and potatoes, and exists in smaller proportions in many other foods. Men can live without starch. Eskimos do. A few individuals with disordered digestions are perhaps benefited by eliminating starch. I do not believe normal individuals would be benefited.

If man was not intended to eat starch, why did Nature put four digestive enzymes along his alimentary tract for the purpose of digesting it? A new-born infant hasn't much ability to digest starch, and there is none in milk. But neither has a new-born infant any teeth. Later he gets teeth and at about the same time develops his power to digest starch. The whole propaganda against the use of starch as a food seems to me a case of people who have just found that they can live without a thing, and therefore are making a hobby of condemning it. But a man can do without one of his legs, although two legs are very convenient.

Is Rhubarb Poisonous?

QUESTION: Is rhubarb poisonous?

ANSWER: Yes, it contains oxalic acid, which is a poison. The amount of oxalic acid in the rhubarb leaves is greater than in the stems. I once had a friend who thought this idea was a superstition, and he cooked a mess of rhubarb leaves as greens. He regretted it all through the following night, much as small boys regret eating green apples.

The amount of oxalic acid in the rhubarb stems does not seem to be great enough to make a man ill ordinarily, and yet numerous cases are on record where illness has been produced from eating rhubarb in the ordinary manner.

Outside of the oxalic acid, there is little to recommend rhubarb. As ordinarily served, it is chiefly cane sugar, and therefore there is little justification for eating it. The more's the pity, for I must confess that I am quite fond of the flavor, and the plant seems to have found a place in the diet because it gives us a tasty substitute for acid fruits at a

season of the year when such fruits are scarce. But the evidence seems to be against it, though some people consider it valuable as a laxative.

How the Body Regulates the Acid-Alkaline Balance

QUESTION: In a former article you stated that an acid urine indicated acidosis and the need of a more alkaline diet. My doctor tells me that normal urine is acid. Which of you is right?

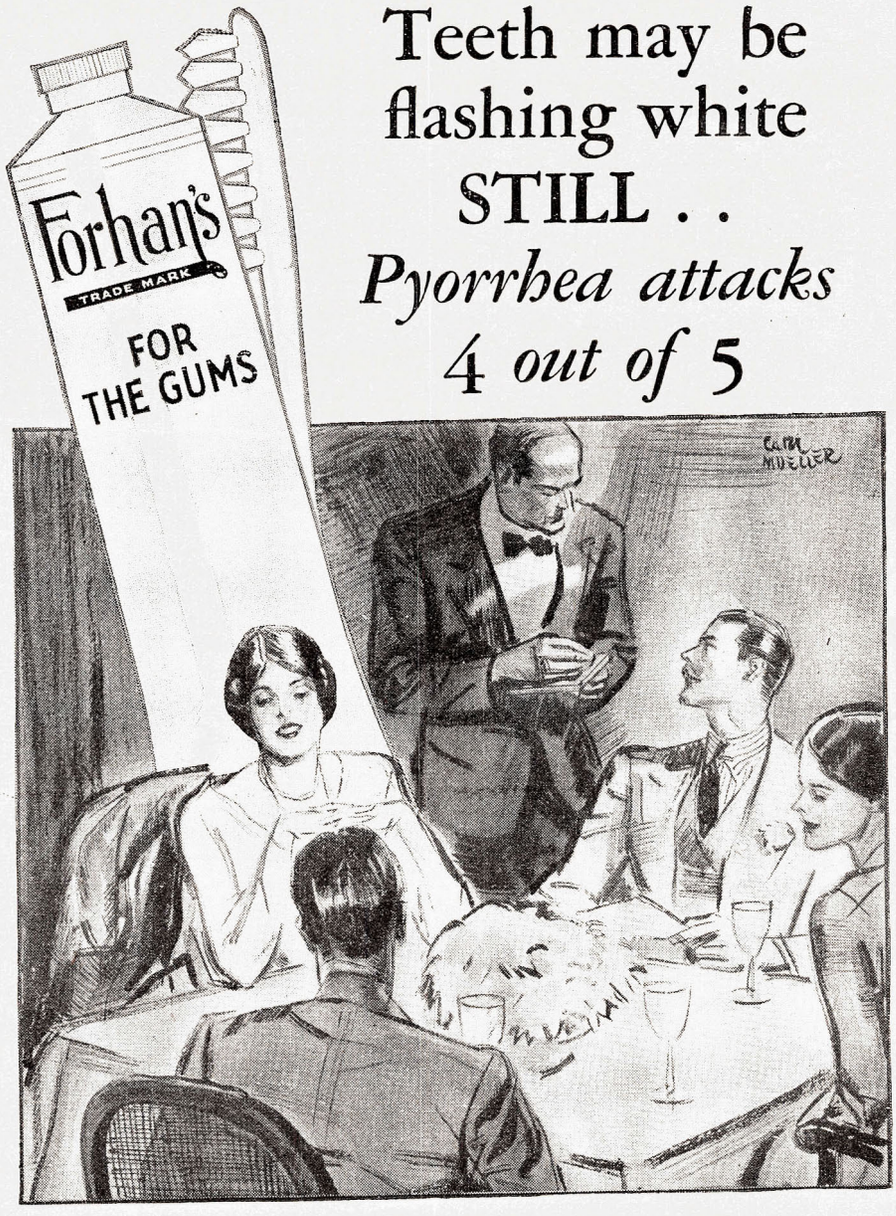
ANSWER: Your doctor is right. My statement should have been that a "too highly acid" urine indicated a need of more alkaline foods. Normal, or at least typical, urine (from those living on a conventional diet) is quite acid in reaction because it is through the kidneys that the body gets rid of its unwanted mineral acids. Since the blood must remain slightly alkaline, its acid elements must be removed as fast as formed. The kidneys perform the function of making such a removal. If they did not, a man could not live on a meat, or a meat and cereal, diet. But since this eliminative function can go wrong and make serious trouble, we do not believe it wise to put too heavy a strain upon it, hence the advice to use a diet with a larger portion of alkaline elements. Fruits, vegetables, and milk supply such elements.

The confusion over what is alkaline and what is acid, as brought out in the above criticism of my former statement, is due to considering the terms "acid" and "alkaline" as absolute qualities. An analogy may make this clear. Suppose we wanted to keep a room ventilated and hold it at a temperature of seventy degrees. To do this we might have a pipe from a heater that was bringing hot air into the room, a window open at the bottom that was bringing cold air into the room, and a window open at the top which was permitting the foul warmed air of the room to flow out.

In our analogy the hot air pipe represents the inflow of acid elements into the body; the lower window opening represents the inflow of alkaline elements; the upper window opening represents the outflow of the mixed air, and thus is analogous to the excretory function of the kidneys.

If in our room illustration we examined this outflowing air and found that it was too hot, we would know the room was being overheated. The remedy would be either to let in more cold air, or to check the inflow of some of the hot air, or to do both. The outflowing air from the top of the room would also be warmer than the average temperature of the air in the room, because it would be carrying off more of the fouled air we had breathed and warmed.

In a similar fashion the urine carries more acid than does the blood, because it is the channel for getting rid of the mineral acid produced by our own physiological process, as well as that introduced by the food. But what we call "acid" and "alkaline" is a relative matter, just as what we might call "hot" or "cold" in a mixture of hotter and cooler air. The chemists determine a "balance," or neutral condition, of acid and alkaline



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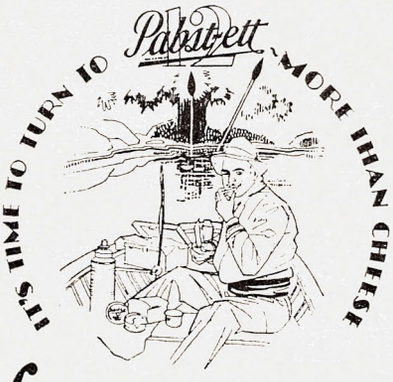

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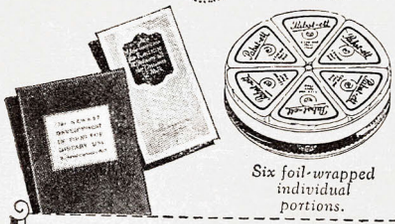

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elements that would correspond to our neutral temperature of seventy degrees. A healthy man functions so as to keep close to that neutral condition, just as might a room with an automatic ventilator controlled by a thermostat to spill out larger amounts of the warmed air to keep the room from overheating—to keep it normal.

But why place undue risk and strain on the physiological functions by pouring too much "hot air," that is, mineral acids, into our living room? However, we need minerals just as we need fresh air, and the civilized diet seems in lined to give too much acid just as we are inclined to overheat our living rooms. The practical remedy in both cases seems to be to let in more cool fresh air and to use foods with more alkaline minerals.

¶*Sunshine Brings Radiant Health*

Continued from page 47

the natural light that emanates from the sun in chemical, heat, or light effects. Thus, the sun, through its rays, is not only the greatest source of life, but is also the greatest preserver of life. Upon these facts heliotherapy and its offspring phototherapy, are based.

OF all the various vibrations in the solar spectrum the most health-building are those from the ultraviolet waves—those rays with a wave length of between 302 to 313 millimicra. Rollier and most of the heliotherapists (those who make a specialty of healing by scientifically applied sunlight) are in agreement on this.

Of course, it goes without saying that, in order to secure the best results, sunbaths, or any other form of heliotherapic treatment, should be taken while the body is divested of clothing. Where the bath is indulged in by a number of persons at the same time, a pair of trunks may be worn. But it must be remembered that even a thin cloth can cut off these rays and prevent them from penetrating into the body.

There is some difference of opinion as to the best time for sun exposure. Some authorities claim that during the hot weather the early and the later hours of the day should be chosen, so as to avoid any possible effects of depression from the heat. In cooler seasons, however, these same specialists advise that the exposures be given in the warmer hours of the day.

Rollier, who has probably had more actual experience than all the rest of the specialists put together, states emphatically that in the earlier and the later hours of the day there are no ultraviolet rays—no radiation of short wave length—present in the sunlight. Therefore he advises that in summer the sunbaths be taken between the hours of nine a.m. and three p.m., in winter between the hours of eleven a.m. and one p.m.

Sunlight taken before or after these hours will not be followed by as favorable results as follow radiation when the solar rays contain their full complement of ultraviolet rays.

The admitted benefits of exposure to sunlight radiation show that almost invariably there is a decided improvement in appetite, nutrition, and the capacity for assimilating and metabolizing food, followed by a sense of well-being and a definite increase in muscular strength. Then there is a beneficial effect upon the glands, as well as upon the lymphatic vessels and tissue. There is an increase in lung capacity, a stimulation in the action of the heart and the circulatory system, together with a normalization of blood pressure.

IF the pressure is too high, the stimulating effect of the ultraviolet rays of the sun acting on the skin, and indirectly on the pancreas, tends to lower the pressure. On the other hand, if the pressure is subnormal, the stimulating influence of the sunrays on the adrenal and thyroid glands will help bring this pressure *up* to normal again.

Scores of observers have noted the almost uniform increase in the number of red blood cells, as well as the increase in the coloring matter of the blood. Many have also called attention to the increase in the number of phagocytes (the little white corpuscle policemen of the blood) after a course of sunbaths.

There is a lowering of blood sugar, due to the increase of the oxidizing capacity of the blood, which gives the sun bath a decided value in the treatment of diabetes, or, in fact, any condition of the system in which there is a deficiency in the oxidizing capacity.

This increase in oxidizing capacity of the system helps stout people burn up their excess fat, if only they will control their appetite for an increased allowance of food the while.

On the other hand, thin people, because of the increase in appetite and the enhancement in their nutritive capacity, quite generally put on weight.

Due to the improved oxidation, there is also a decided increase in the elimination of toxins from the system—most helpful in the relief of rheumatism, gout, lumbago, and conditions produced by retained toxins and acidosis. The nervous system is also markedly stimulated, so that the hypochondriac forgets his phobias and depressions, while the neurasthenic frequently overcomes irritability and insomnia.

ONE of the most important of all the effects of sunlight, however, is upon phosphorus and calcium metabolism—in other words, upon the bone-making and bone-healing capacities of the system. The value of this form of stimulation in children suffering from rickets and tuberculosis of the bones, of the hips and spine, cannot possibly be overestimated. The results achieved, in many instances, border on the miraculous.

The same is true in connection with those delicate children, who were "born tired and never got over it," who have

to be coaxed to eat, who "catch" everything in the way of an infection that makes its appearance in their neighborhood. A month or two of sun and air and right food transforms these children into little Spartans, with the constitutions of mustangs.

The ultraviolet rays have even been found useful in the treatment of caries (tooth decay), and pyorrhea—well known as one of the most common of all human ailments today. This was conclusively demonstrated during a series of observations made under the direction of Doctor Grieves, of Johns Hopkins University.

Remember that the teeth are essentially special bones, which come under the influence of the glands of internal secretions—the ductless glands—and are therefore most responsive to ultraviolet radiation.

In the Johns Hopkins experiment, three hundred primary grade school children were selected and divided into two lots. These were children of all ages and both sexes, living in homes in which proper environment, proper hygiene, and proper food were unattainable, owing to the poor economic status of the parents.

These young children were divided into two groups, equally balanced as to age, sex, and dental conditions. The first group served as a "control," while the second served as the experimental unit.

This experimental group was exposed every second day during the school term to ultraviolet radiations of wave lengths corresponding to those emanating from solar rays. No instructions were given either group regarding any change in their hygienic habits or any modifications in their diet. When school convened again in the fall, the dentist in charge of the oral hygiene examined the teeth of all these children and recorded his findings—which were striking and unusual.

AMONG the one hundred and fifty children who had received the light treatments, there was practically a complete check of tooth decay and a marked improvement in the pyorrhoic condition; while in the untreated group progression of the decay and extension of the pyorrhoic process were readily apparent.

The conclusion arrived at was that ultraviolet radiation, persisted in for a sufficient length of time, is a most potent agent for the correction of the faulty calcium assimilation which is largely responsible for many of the early defects of the teeth. That there may be hope for the ray treatment of all school children within a few years is now more than a strong probability, as we shall see presently.

In the treatment of wounds, ulcers, and many skin conditions, exposure to sunlight has proved of great value also. Therefore, heliotherapy, in many of the best equipped sanitaria and hospitals all over the world, is now recognized as an important part of the treatment of these conditions—overcoming infection and stimulating healing to a very remarkable degree.

One of the most interesting facts in connection with ultraviolet radiation is the fact that water and food, when ex-

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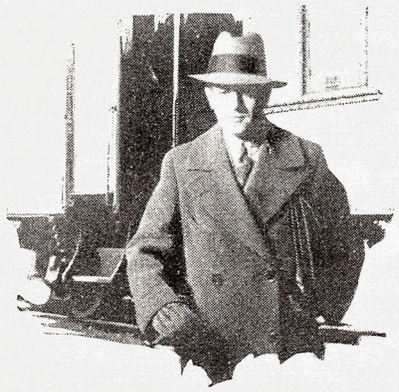

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posed to sunlight or ultraviolet rays, take on certain properties which are quite lacking in water or food kept in the dark or prepared in the dark.

Everyone knows that a piece of coal holds in its cells the stored-up sunlight of bygone ages. When the coal is ignited and burned, the pent up energy of the sunlight, imprisoned millions of years ago, is set free, as radiant energy. Something of a similar nature happens with animal and vegetable food products. Every atom of starch, sugar, or oil derived from vegetable products, represents imprisoned energy, built up by the light of the sun, just as the energy in coal was built up from solar condensation. And just as the flame releases the stored solar energy in the coal, so do our bodies release the energy stored in our food. This, in turn, animates and energizes us.

IN time to come, it is more than likely that an awakened public interest in these matters will demand that *all* food products be prepared where the ultraviolet rays of the sunlight may activate and vitalize them, vastly increasing their wholesomeness and their nutritive value

The same need for ultraviolet lighting is found among poultry raisers; among dog, cat, and rabbit breeders; horticulturalists, and in fact, all who depend upon growing things for a living.

The thought naturally arises concerning the welfare of humans, animals, chicks, or food, "why not have a little light on the subject?" All good and well, so far as it goes. But light alone is not enough. In order to vitalize and activate, we must have also the *non-luminous rays*—those rays that lie beyond the visible limit of the spectrum.

Ordinary window glass does not permit the passage of these rays. A room may be absolutely flooded with light, even broiling under the direct sunlight of a solarium or a hothouse, and yet be lacking entirely in the life-giving ultraviolet rays.

When the Phoenicians invented glass, they did much to advance the sweep of civilization, but they helped in the worst possible way to make of man an indoor dweller, robbed of his sunny birthright. For with ordinary window glass, all the vital, chemical, beneficial outpourings of the sun are definitely excluded.

THIS explains a matter that has puzzled medical men for some time—why patients sitting, sometimes for hours, under the glass of solariums or at the windows of brightly lighted rooms, do not receive the same benefits from the sunlight as do those who are exposed to the direct rays of the sun, in the open air.

We know that the luminous rays will penetrate glass and flood our homes with light—provided we live where bright sunlight is available. But only recently was it determined that the non-luminous rays—the health-giving vibrations—were entirely stopped by ordinary window glass.

Therefore, one of the most vital and most significant discoveries of modern times is the discovery of certain methods of treating glass and other transparent substances, so that a very large percentage of the healing rays of the sun can penetrate these substances. Several manufacturers have placed this glass on the market—all of them good.

The value of this discovery is not alone in that it will help sick people in hospitals, sanitaria, and health resorts to get well more quickly, but that it will help those who are not sick to keep well and to gain more health and energy than they could possibly expect to gain without this means of absorbing energy from sunlight.

Another important fact to remember is that this absorption of actinic energy is not necessarily the result of exposure to direct sunlight. It may also follow from exposure to reflected sunlight. Thus, light from the sky or from bright clouds is practically as valuable a source of ultraviolet rays as are the direct rays of the sun.

Many folks who have exposed themselves overlong on the beach or in the hills on an overcast day, will testify to this, the matter having been impressed on their memory perhaps through the agency of a very painful sunburn.

The consensus of opinion among heliotherapists seems to be that diffuse light is particularly intense at the sea-side or at low levels, diminishing as we gain altitude. It is actually increased on days when the sky is covered with light clouds, or on days when the sun may be hidden, *provided the sun is not hidden by smoke*, which is more or less impermeable to the actinic rays. Therefore, one can get quite as much effect from exposure on the north, or shady side of the house, as from exposure on the south or east side.

In a short time houses of modern construction will be provided with windows permeable to the actinic rays, as a health and vitality-increasing measure. At the present time this glass is extensively used in health institutes, factories, and schools.

School children, in particular, have been found to thrive to an unusual degree while studying in rooms provided with "health-ray glass." In a well known school in England such permeable glass was installed in one classroom. Here thirty boys, between the ages of nine and eleven, chosen without any attempt at selection, conducted their studies for ten months. A "control" group, practically identical with the other, as regards age and physique, carried on their studies in a room provided only with ordinary glass windows.

IN the "control" class the average increase in weight was 2.83 pounds, while in the "health-glass" class the gain in weight averaged 6.11 pounds. The increase in height in the control class averaged 1.22 inches in this ten months' period, as against 1.86 inches in the actinic ray room. The increase in hemoglobin (red coloring matter in the blood) increased 7.53 per cent. in the control class, as against *16.1¼* per cent in the vita-ray class.

This means that the vita-ray class gained 4.28 pounds, .64 inches and 8.61 per cent. of hemoglobin *more* than the control class in this same period—*all other circumstances being identical.*

Coincidental with this, a study of the germ-killing action of these ultraviolet rays was made by the Bureau of Standards, United States Department of Commerce. These rays were of a length that varied from just beyond the visible spectrum—those we can see—to the

shortest wave lengths. It was found that these ultra rays had the most pronounced and vigorous action. They were capable of killing germs in an exposure of one second.

However, it was found that light passing through ordinary glass had little, if any, germicidal power, while direct sunlight will destroy many of the most virulent germs in an incredibly short time.

Therefore, where it is possible to secure outdoor sunlight all the year round, together with the amount of privacy required for daily baths in the "altogether," of course health-glass is more or less superfluous. But there are comparatively few lands of perpetual summer, and there are relatively few people who own their private and secluded parks, in which they can sunbathe to their hearts' content, without courting police discipline.

THE element of privacy while enjoying an energizing sunbath must be a matter of prime importance to all who desire to live perhaps a half dozen years longer than they ordinarily might, and remain healthy and happy while doing so. Animal breeders, poultry raisers, and others interested in getting the largest number of eggs or the greatest amount of milk from their stock, are also benefiting amazingly from the use of lightweight, flexible wire-mesh, coated with a tough, transparent substance that permits the penetration of a very large percentage of the ultraviolet rays. This substance lets in much more heat and keeps out more cold than glass, while at the same time it withstands even the most severe hail or rainstorms. Poultry raisers, dairymen, and dog fanciers have found this mesh, which is exceedingly cheap considering its remarkable advantages, an immense asset to their business.

It must be remembered that animals require the vital rays of the sun rather more, if anything, than the humans. For they have established little or no tolerance for ray starvation as have, for instance, coal miners, night watchmen, and others who, because of their occupations, get very little opportunity to bask in the sunshine.

So far as poultry is concerned, their natural environment is in the tropics, from which they are transplanted products. Therefore, it is necessary to duplicate as nearly as possible a tropical condition, and secure a maximum of ultraviolet radiation for these birds, so that the high calcium and phosphorus requirements of the fowl may be satisfied. A lack of proper calcium metabolism means diminished egg production, bleeding combs, soft shelled eggs, and lack of proper growth.

SO there is every reason why man as well as his furred, haired, and feathered helpers, should get all the sunshine he can.

And this means more than getting mere light-shine. It means getting, in addition to the light rays, those rays that enter into our organism as an integral part of our electro-magnetic vibration—an important part of life itself.

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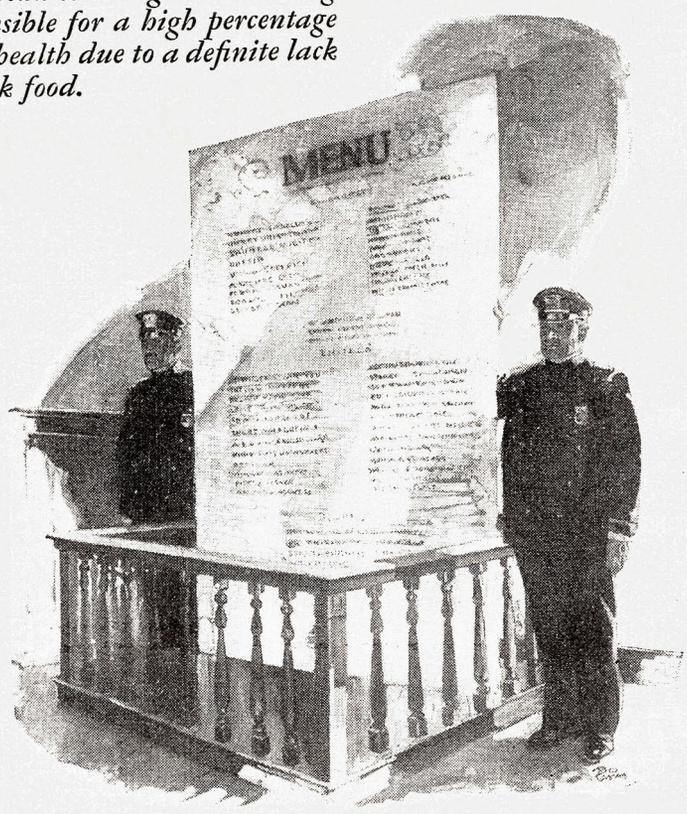

DOCTORS agree that constipation, frequently caused by lack of bulk in the diet, is one of the underlying causes of ill health.

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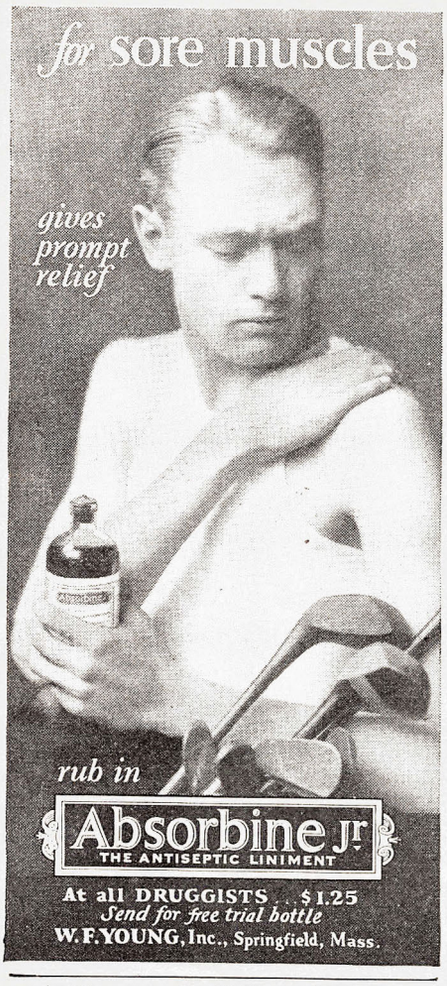

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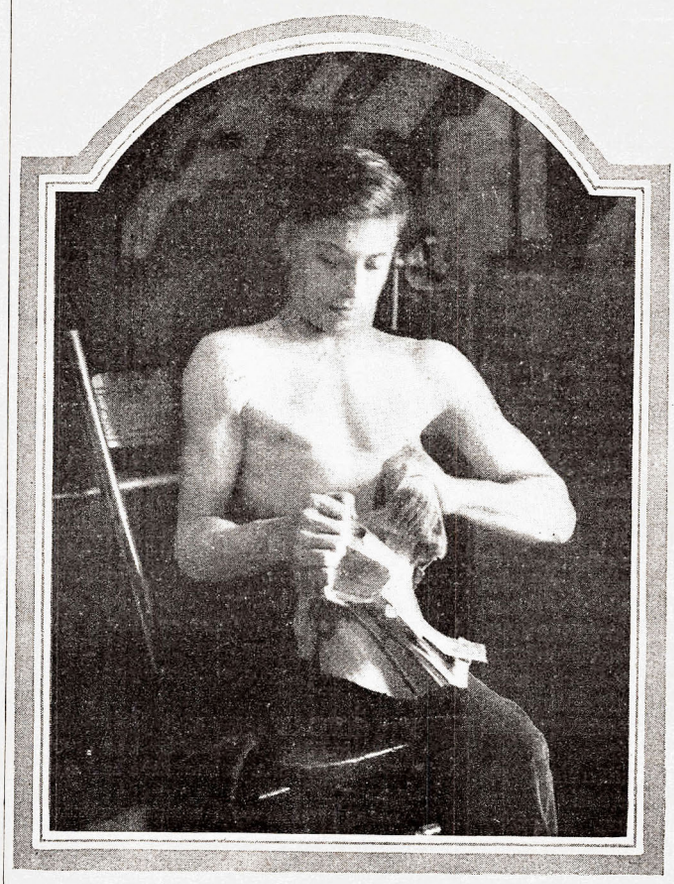
¶ *Letters from P. C. Girls and Men*

Continued from page 62

ten years of this life. Most of his time was spent in hospitals. Every now and then a surgeon of prominence would try his skill with the knife, and that would mean that Louis would undergo another operation. After he had been operated on no less than eight times, we decided that there was no use.



He can tear a telephone book in two

So we kept him in the house, occupying himself as he saw fit. He then acquired the use of crutches and went to school, but very much retarded. Until two or three years ago he remained in this helpless condition, never able to stand alone. He was small, very thin, delicate and frail, and when he used his crutches his ability to get about was very slow and uncertain.

One day in January of 1926 an uncle of ours, being of a pugilistic turn, decided to take a course in physical training. It occurred to my brother that he might also take it up since he could use my uncle's course and apparatus gratis. He did so. Day by day I watched him, although at first I believed it all was not only hopeless, but ridiculous. Imagine a young crippled fellow about sixteen or seventeen years old, weighing only eighty-five pounds, delicate and frail, scholastically very much retarded (since his school years were very few and mostly spent at home and in hospitals)—I say imagine him attempting to do "stunts" which were quite a task for my much stronger and physically well uncle. However, I kept on watching, for I knew that Louis was very determined. Day by day he kept at it faithfully, never once neglecting his exercises nor deviating from his vegetarian diet and regular foods. He had a regular schedule for his meals and for training and for play.

Finally, not long ago my uncle quit the course, and Brother Louis kept right on developing his chest and arms to immense strength. Much to my surprise and amazement, to-day he can do more than most men of nearly double his weight and age. He can lift one hundred and fifty pounds while lying on his back; can bend coins with his teeth; can tear a telephone book in half (2 in. thick) with a hand grip; can bend to a right angle over his head, a piece of wrought iron one-half inch in diameter; can, while standing on his hands, balancing his body in the air, jump from a chair onto a table, onto the sharp points of 400 nails, which protrude through a board, which lies on a chair, and from there to the floor—still on his hands; can walk on his hands, while his body is balanced in air; can hurdle, while on his hands, a bar fifteen inches from the floor, and land on his hands again; and can do several other things of no less importance. Remember, he has no help from his hips and legs while doing all these "stunts," since they are practically useless and really a handicap and in his way.

His development in about one and a half years certainly is remarkable. You can see the improvement by comparing his early photograph with later ones. The muscles of his thighs and lower legs have not only developed about 100%, but have also improved in nerve control. He now gets about unusually rapidly and easily with crutches, which to one of his condition means more than you or I can estimate.

His present ambition, stated in his own words, is, "I am going to be the world's strongest cripple."

Cold Showers for Shattered Nerves

By Charlotte Brenner

No student at any college can afford to be too optimistic about her health. She is worked, literally, almost to death by the time she reaches her third year.

It is impossible to keep up with the required work unless one starts out with a fairly good physical basis. I did not. I was thin and high-strung. Mentally—tired out, my nerves worn down to bunches of dry straw by the stress of a heavy senior program in high school, I breezed along on a great deal of surplus nervous energy for the first two years, and then I paid the inevitable toll.

It was the third winter that came down on me and froze my very vitals. I was honored by the favorite visitant of over-active, over-strung college girls—the Nervous Breakdown. Mostly, it was a "spiritual breakdown," for that was the very first time that my spirit actually refused to go further, though the flesh still struggled along somehow.

I will not bore you with the details of this famous resultant of deliberate neglect. But one thing especially I learned from my illness that still bears me up in my most dangerous moments now that I have resumed my studies. It is the least expensive tonic the world knows —*cold water*. Just as there are those particularly partial to old Sol, and advise the sun-cure for every conceivable human ill, so I am tempted to advise the generous use of oceans of cold, cold water.

I started with the morning cold shower. How I loathe cold of any kind! I am one of those people who shrivel up into a dull, white clatter of bones as soon as a blast of November wind scatters the first snowfall. When my doctor told me I would have to take a cold shower every morning I shuddered all day in frigid anticipation.

But he taught me how to use it. And with a year's steadfast practice I have acquired a few helpful ideas of my own that have made the cold shower one of the reasons why life is worth living.

First, I turn on the hot water only. While I am undressing the steaming shower fills the room with a warm vapor that feels velvety and soothing. Then, when the room is so comfortable that I can stand on the marble floor barefooted, I adjust the shower so that it is just cool enough to get under, and no cooler. I wash in this hot water; my body gets pink and I feel the flush beating in my pulses for just a minute. As soon as the excessive warmth becomes actually oppressive, it is very surprising how I begin to welcome the thought of cold water. *This is important.* While you are cold, the thought of cold water is cruel, but as soon as you become uncomfortably warm, your whole attitude toward cold water is affected. It is this *attitude* about the cold shower which must get the earliest training before you can proceed.

Having arrived at the proper attitude, you can begin gradually turning down the warm faucet and increasing the cold water. After each change, let your body be so saturated with the new temperature that it no longer feels any difference between body and water. *Do not increase the cold water* until this is true. If your back is still hot from the hot water wash, turn around and let the warm water cool it down before making the water still cooler. If this is done patiently, you will find that when the water is almost cold you are still quite comfortable.

Ah, but I said *almost* cold. I won't fool you about that, for you will soon find out for yourself anyway that the last lap is the worst. Yes, with one grand resolve you finally turn the hot water off completely, and turn on the cold in full force. It will feel cold! Perhaps it will sting for just a moment. But here is where you must apply your stick-to-it-ness. Sing! Vocalize at the top of your lungs. Jump up and down. You will be kept so busy trying not to slip, you'll forget it is cold. Then, as the water falls, rub your body very vigorously. Not only does this help the rush of blood back to the surface of the skin, but it gives you something to do. Most people just stand under cold water and wonder how to fold their limbs so that they won't get wet. If they weren't thinking about the cold, their heads would be absolutely empty; they're bored. That's why the cold shower is such a bugaboo.

While you are vigorously rubbing your body, exercising your arms in the movement, the water seems somehow to keep getting warmer. In one minute you will forget your fear of cold water, if you follow these directions explicitly. Don't you think it ought to be easy to train yourself to face one little minute of discomfort?

The reward is so ample. After a brisk rub of the towel you see the pink coming back to the skin. Glance at your eyes in the mirror as this happens. No matter what their natural color, you will find that they have become filled with a dewy violet that is quite irresistible.

Then, to further aid the circulation of the

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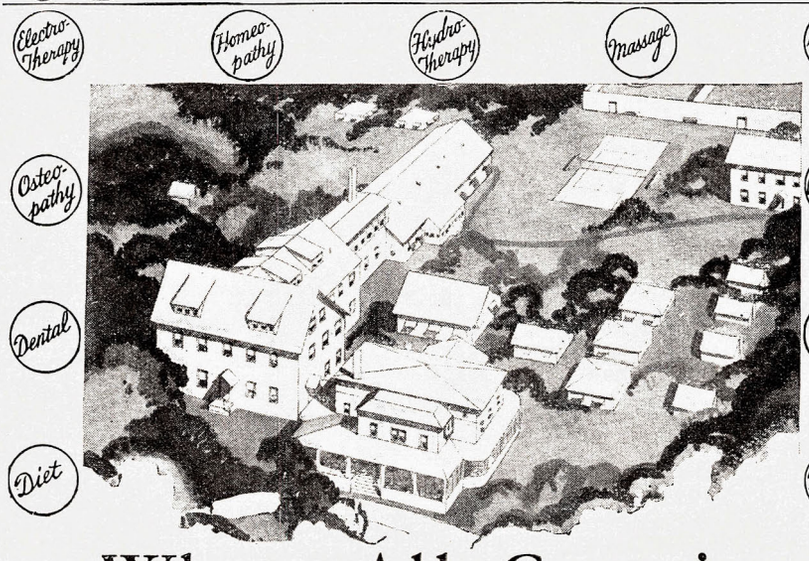

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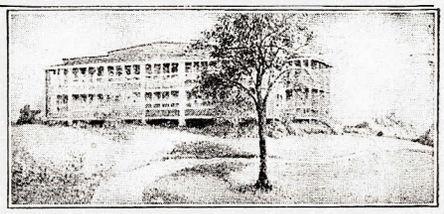

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blood, do this one little exercise: Stand in perfect posture, feet about eight inches apart. Stiffen the arms down to the finger tips, and bend them forward from the trunk. Aspire to the toes. If this is too easy, go for the floor. You ought in time to be able to touch the floor with your whole palm. Do this in *perfect rhythm*, slowly if necessary, for twenty consecutive times. If this is too much, start with ten on the first morning and increase gradually to twenty. After this you will find that you feel hot.

You can step out of the warm bath room in just a silk chemise and still the air will seem to envelop you with its warmth. What is more, you can step out into a snowstorm and feel warm and tingly. This is the blessing of the cold shower. Your body becomes acclimated to cold weather.

Incidentally, I first started the cold shower as a treatment for nerves. If you have nerves, bear this in mind. I found it all-embracing in its effects. For there are few things more stimulating to the human body. And oh, the feeling of power it affords, to know one has mastered the dread of one's life—cold!

¶*Why Horseback Riding Is Good for Women*

Continued from page 39

invariably brings before the mind's eye superb riders of superb horses; or perhaps that displayed by the bedecked woman riders in the opening pageant and grand finale of the circus or Wild West show; or by Jeanne d'Arc.

WHEN Christianity began to spread after the collapse of the Roman Empire, all physical exercise and care of the body ceased; the physical body was neglected, even despised as the fountain of all evil, because of the physical or sensual orgies that characterized the Roman Empire before its downfall. The dawn of chivalry saw physical exercise again revived, the body again "come into its own," to some extent at least. But apparently woman as yet has far from fully escaped from the attitude held toward the body and physical exercise during the Dark Ages. She is escaping, yes; but she yet has far to go. She still clings to the self-consciousness of ages ago. And because of the infrequency with which women are seen riding, and because of the elevation which makes her more or less conspicuous, this self-consciousness keeps many women from even considering riding at all. Why, many women even feel self-conscious for the women they do see riding!

Many women wear costumes for riding that appear strange to others. But things cease to appear strange when we become accustomed to them. There are many women with brilliant minds, with thoroughly balanced minds, with perfectly normal minds, who take up horseback riding for sport and for profit. In fact, I rather fancy that one will find a higher grade of mentality in these women, as a whole, than is found in those who participate in most other forms of exercise. For one reason, in the present state of attitude toward this particular exercise, it takes, in many localities, a woman with ability to rise above the usual narrow-minded opinions to adopt this sport for her exercise.

Obviously, a woman must wear some other garb than the usual skirt, than even the short skirt of the day. She must have a divided skirt (a bunglesome, burdensome affair), or the breeches—which many women cannot "endure" even on others. Yet the rationality of such a costume is apparent even to those who will not admit it.

Most women today ride astride, and this is one feature of riding that, for many, stamps the sport as "unwomanly"—probably because to prudish mid-Victorians, Puritans and others, such a position would have been sufficient to send a woman to the ducking stool. Clever horsewomen usually ride sidewise, because they prefer it for comfort, safety and enjoyment of the sport. But most women are not clever when it comes to riding—in true horsewomanship, that is. Hence, they ride astride, for *their* safety, comfort and pleasure. When everyone ceases to look upon such a position as coarse and unrefined, all womankind can feel more free not only to profit by riding horseback but by many other activities now considered by many to be "unladylike."

But what about the health benefit of this sport? What is one woman's meat may be another's poison, it is true. But by far the majority of women may take up riding with safety and with much profit. Riding brings into action certain muscles that are not likely to be brought into activity by any other exercise—muscles that from ancient times have been given barely enough exercise to prevent their atrophy. It has peculiar and peculiarly beneficial effects upon the skeletal framework of the body, especially of the spine and, particularly, of the bony pelvis, that can be secured by no other exercise except that provided by a mechanical "horse" or "camel."

The primary objects of exercise are forgotten (if they were ever known!) by most people. If there is pleasure in certain exercise, it is not difficult for them to exercise in that way, regardless of whether or not the exercise is truly wholesome. But there are none of the primary objects of exercise that horseback riding does not fulfill. Let us see what these are.

GOOD posture is essential to health; and an exercise performed in the proper posture has the doubly beneficial effect of more vigorously promoting health by the exercise itself properly done, and of promoting proper posture between exercise periods. The gorilla posture of habitual fatigue or laziness—head thrust forward, chest collapsed, abdomen protruding—cannot be maintained while riding. One cannot crumple up in her saddle while a horse is going at any faster gait than a pepless walk. And, incidentally, one might about as well sit by an open window as to ride a horse for exercise at a walk, for all she is getting is an airing.

But fresh air is one of the necessities of

health; and one of the essentials of an exercise, to be wholesome, is that there be an abundance of fresh air supplied. Since horseback riding simply is not being done inside or on the city streets, but in parks and on country lanes and byways, this sport usually is performed in the freshest of fresh air. And there is enough real exercise about it to make necessary the drawing into the lungs of a larger amount of that air than one does ordinarily. The shop-sitter, the executive woman, the girl with an inside job—anyone who is not actually employed out under Heaven's sunlit dome—can profit greatly by the amount of fresh air received while riding. Fresh air must be received in somewhat more than usual amounts, at least occasionally, for best health; and this provision should be in the daily schedule. If you can ride daily, so much the better.

Proper exercise improves the circulation and the nerves, and in no wise is irritating or over-taxing to them. The exhilaration of the peculiar type of exercise that belongs to horseback riding, including the fresh air and the unusual vibratory effect, is one of the most valuable circulatory tonics that one can hope to find. These effects, and the inspiriting control of the flesh-and-blood animal that adds "life" to the sport, together with all effects yet to be mentioned, will calm the most irritable nerves, awaken the most deadened nerves, and normalize the most perverse nerves of any woman.

Upon good digestion depends health, as everyone knows. It is not what one eats but what one digests and makes use of that determines the state of nutrition that governs in large measure the health. The tone of the digestive apparatus and of the blood vessels and nerves of this apparatus, the activity of the intestines, the behavior of the liver—all control digestion, and all are enhanced by horseback riding through the action upon the spine and the vibration which is a part of the exercise. It throbs the stagnation out of the most torpid digestive system one cares to possess, as does no other exercise. There is no better exercise for liver troubles than riding. They make a quick exit or their development is next to impossible with this exercise. And, not incidentally but equally important, whatever "blues" there may be tagging along with the liver troubles, whether as merely companion or as an effect, also will vanish into the port of missing ills.

AS mentioned before, nutrition is controlled by digestion, which depends upon the health of the digestive apparatus, which in turn depends a great deal upon exercise. Some wiseacre or cynic or fellow sufferer of a well-known Royal Highness once said that horseback riding was good—for the horse. Another, that if one were overweight he should ride—and the horse would lose the weight. But there is a definite exercise for the rider; as digestion and tissue-cell change become more nearly normal by the exercise of riding, the weight becomes more nearly normal also, whether it be too much or too little to start with. This is the effect of all exercise, however.

Can you doubt, now, the value of horseback riding as an exercise? But let us go further, and see how it affects the feminine

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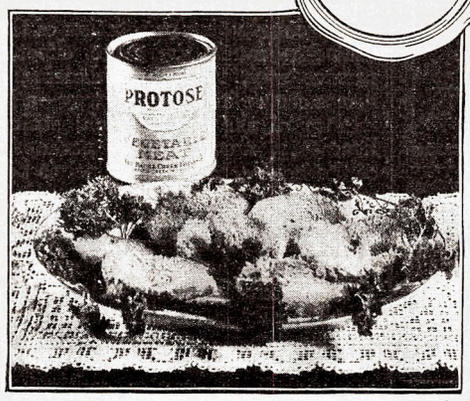

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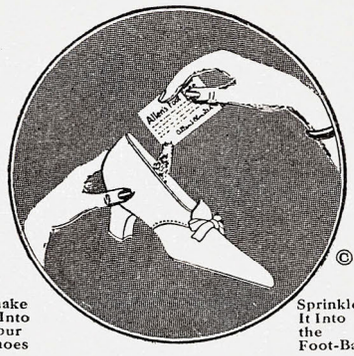

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anatomy and development of the physique.

Very few women know what hip and lower spine movement is. Much of their peculiar affections are the result of becoming almost ossified in these regions—of not making the best use of these regions. For instance, take the native women of many islands in the South Sea. Those women know what hip movement *is!* In their dance movements, which express every emotion of which any woman is capable of enjoying or suffering, their hips make many and strange movements. To a so-called cultured woman, many of these movements would appear lewd and suggestive. They are not meant to be so. They merely are for expression of what's on the inside, which such native women do not believe in suppressing or repressing. But the point is that these women do not know any more about pelvic diseases or "female weakness" than they know about the civilized form of "necking," and childbirth to them is no more of an ordeal than is any other physiological function. And their dance movements have had much to do with making this possible.

WHAT has this to do with horseback riding? Much. In riding, especially at the trot and canter, there is a circumduction or rotation of the hips that has much the same effect, in a passive way, that these dancing movements secure in an active way—a loosening up of the centuries-old stiffness of ligaments, muscles, and, perhaps, even of the bone sockets. The pelvis becomes more nearly the structure it was intended to be, but which woman's occupancy of the pedestal and forced and chosen inactivity have kept it from being.

The woman whose spine is vibrated rhythmically but gently; whose hips and sacrum (the inverted wedge-shaped bone between the hips, at the base of the spine) are rocked in regular cadence; whose pelvis is cradled from side to side and forward and back in gentle undulatory movements, all of which are secured by horseback riding as in no other exercise—such a woman develops a pelvis health and a health of the pelvic contents that renders her well nigh immune to the ailments modern woman knows only too well. The improved circulation and tone throughout the pelvis and the movements themselves increase the strength of the supporting ligaments within the pelvis, thus trussing up the uterus in and by supports that will withstand a large amount of stress without yielding and allowing the uterus to prolapse. And the same effect upon the ligaments will bring about a gradual restoration to normal position of a uterus that has become displaced through weakened supports.

The peculiar vibratory, undulator movements may cause an increase of blood to the pelvis. They are almost certain to do so, of course. But the effect upon the general circulation is such that at the same time additional blood is brought *to* the pelvis, it and stagnant blood from congestion in the pelvis are removed *from* the pelvis and sent scurrying on through the body. Thus pains and aches and disturbances in that feminine phenomenon that brings thirteen miserable periods a year to many women, due to congestion and displacement, are banished or reduced in many cases by an exercise that benefits the entire body directly, and also peculiarly through improvement in the pelvic organs—disease or affections of which affect every nerve and every organ and function in the body. The woman who suffers from excessive menstruation and the woman with deficient menstruation are benefited in like manner.

There is practically no attention given to preparation for childbirth in this day. Childbirth is considered, apparently, merely an accident, something that must be endured occasionally. There should be adequate preparation for this event, for the sake of both mother and child. Childbirth would be a much simpler, easier and safer procedure if women would take up horseback riding, especially of course, before pregnancy; but if not, then moderately during the first six months or more of pregnancy. Such exercise would put the joints, muscles and ligaments in condition to "give" sufficiently to permit of an easy delivery. Besides, the improved tone and circulation throughout the pelvis would insure greater comfort during pregnancy, and a more nearly normal child.

Someone said that "one hundred and eighty per cent of women had the backache." That was explained by saying that most women have backache in more than one place. Backache often is due to pelvic congestion or displacement, often also to strains of posture or occupation. The cradling of the pelvis, hips and sacrum and spine, with the wave-like movement of the muscles necessary in riding, takes out many of the "kinks" of the back and gives a woman a new back. The headache of congestion or anemia, of worry or eyestrain, of neurasthenia, constipation, or menstrual troubles likewise will be banished by this exercise, and the head will work like a new one.

IT is very unlikely that every reader of this article will go at once to a riding stable or to the farm pasture, have a horse saddled and mount for a brisk ride for an

(*Continued on page* 84)

Furniture's Newest Mode—"The Modernistic"

French decorative art is giving us a new vogue in the form of modernistic furniture. Graceful and flowing in line with a noteworthy absence of over-ornamentation this latest product spells a new era in furniture and furnishings. Don't miss reading all about it in YOUR HOME for May.

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May issue of YOUR HOME on the newsstands April 23rd.

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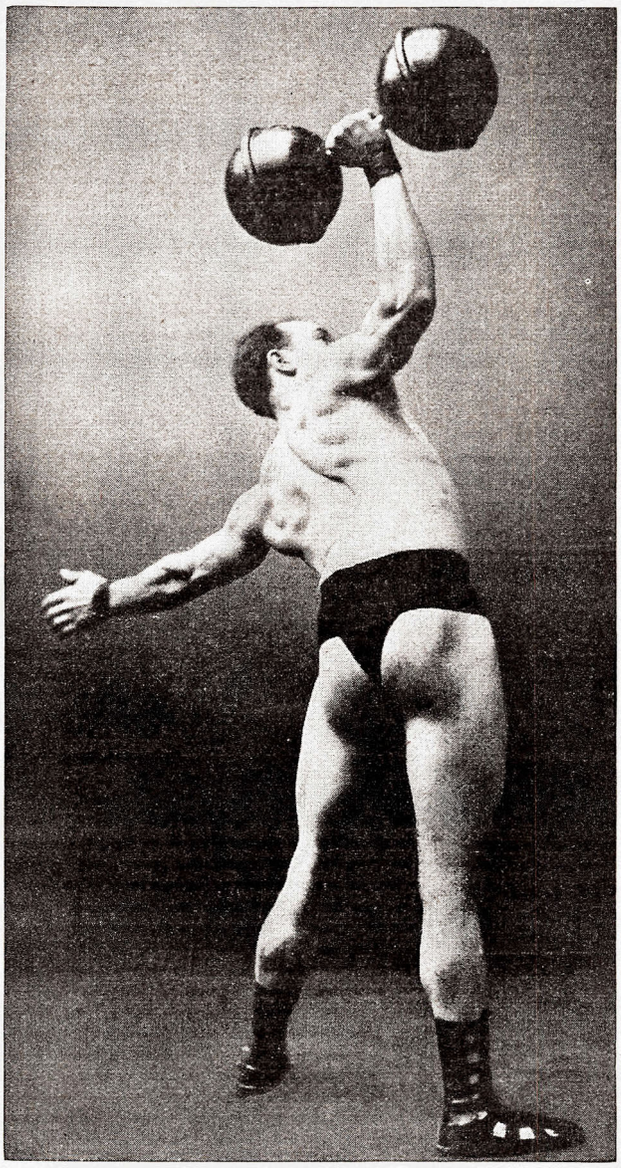

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(*Continued from page* 82)

hour or so. But many women would have immeasurably better health if they would take up this exercise-sport. As with all other exercises, this must be taken only in gradually increasing doses. Many a woman, and man too, has had the best of intentions in starting to ride; but by the time they had finished their first couple of miles, changed their minds. They apparently were working on the assumption that if a little is good, more is better; if a trot is valuable, a canter is better. Well, if people *will* work or exercise without reason they may expect to suffer out of reason. Riding may be called a sitting-down exercise, and the sitting portion must be trained gradually, as well as the muscles and ligaments. But much of the soreness that results from riding too much at first is due to the effect upon the spine and ligaments. More harm than good may result from overdoing at first. But when started properly and increased gradually, at not too long intervals, all the good effects that I have given may be yours.

AS with all other kinds of exercise, riding may be injurious if there is some malformation or "bias in the wrong direction," or injury of certain kinds. For instance, if there is a spinal curvature, riding, if not done in a specific manner, may intensify the curvature, especially sidewise riding. One should have an examination, if there is any deformity or injury, and secure the advice of a physician concerning the advisability and, perhaps, the manner of riding. In most cases, however, the exercise may be taken up without any examination and without fear. If it is not overdone at first, it will tend to correct minor malformities of some kinds.

Use a side saddle if you are clever enough to do so with safety and comfort. But most women will be better off on the stride saddle—and, I believe, the effects upon the parts immediately concerned will be more uniform on the two sides. If you have a pacing horse you will be fortunate in your learning, for the movements during the pace are almost as easy upon the rider as are those of the walk. But greater good usually will result from riding a horse that trots, because the pelvic movements necessarily will be somewhat more pronounced. Trotting is the most natural gait for the horse. The canter is excellent for the rider, and is very comfortable. But spare your horse much of this, as it is an unnatural and fatiguing gait, and harmful to his forelegs. Avoid the gallop until you are thoroughly at home in the saddle—also leaping and attempting to teach your horse to rear. Later, short gallops may be taken with profit.

Do not clasp the horse's sides too firmly with the thighs or knees. This overstrains the inner thigh muscles and may harmfully affect the pelvic ligaments. Merely press sufficiently to maintain balance. If properly balanced, this in itself will spare you the strain of constant gripping with the thighs.

If you would feel one hundred per cent; if you want to be a physiological millionaire; if you want a clear skin, a clear eye and a clear brain; if you want a positivity of nature; if you want to prepare safely for children—take up horseback riding. Men past seventy ride. Why not women of all ages, also? Women circus riders and girls on the plains ride, and ride often. Why not other women? The circus riders never miss the twice daily performances, even during their menstrual periods. Doesn't this speak well for the beneficial effects and the safety of the exercise?

I think it does.

¶ *Build a Better Body by Canoeing*

Continued from page 61

launch a canoe for a trip into the wilderness, there are outfitters from whom you can rent your entire outfit, at the following prices:

Canoes	$1.00 a day each
Tents	.25 a day each
Blankets	.05 a day each
Cooking utensils—Loaned free with purchase of provisions.	

Figure it up for yourself. Three pairs of blankets per person is enough for anybody, and one canoe will transport two, while a single tent is enough for four. If you feel you would rather have a guide, the cost is $5.00 a day for this assurance of safety and freedom from the more arduous labors. Therefore, a party of three with a guide can take a canoe trip through the wilderness waterways of Canada at a total cost of roughly $3.50 a day per person, including food, allowing a provision bill of $1.00 a day per person, which is high when one considers the fish that will be caught to add to the daily woods menu. The only thing to add to this cost is the price of the transportation to and from your starting point, for once you get into the woods you couldn't spend any money if you wanted to.

There isn't a summer resort in the world that can match this for a low cost vacation—and no resort that has yet been invented can come even close to equaling a canoe trip in the matter of accrued results in health, physical and mental vigor, pleasant memories, and freedom from the shackles of social proprieties.

You don't even need to be bothered changing clothes, and the freedom from the starched collars and neatly pressed raiment of the civilized summer resort is not the least of the pleasures of a canoeing vacation. Your table manners and general deportment can be of your own choosing, and you won't have to play bridge and be nice to the ever-present summer resort pest because you're expected to. Each day your lungs will expand with fresh, untainted air, and your appetite will be whetted for the wholesome food of the camp fare, while muscles will expand and strengthen and your blood stream course through your veins with freshened vigor from the healthful outdoor exercise of the daily paddling and other labors. Each bend of the woodland streams you traverse brings new vistas to your view that are an ever-changing delight, and each new place in which you cast your fish line brings the thrill of fishing virgin waters. Your canoeing vacation will be free from monotony, even though it be stretched to last throughout the summer,

and the chances are you will come back to the city with your neck too big for the collars you once wore.

To the tyro who never has hoisted a canoe to his head and carried it over a portage, the act appears to be a feat of strength—but it isn't. Even the city man of average strength should find it no difficulty to do, once he gets the knack of it—and it is almost all a matter of knowing how instead of a matter of extraordinary strength. Here's the proper way:

The center thwart of your canoe should be rigged for carrying at all times with loops of very strong cord or wire, under which the blades of the paddles can be placed; the handles of the paddles should be lashed to the next thwart in the rear of the center one. After unloading the canoe (and always unload it while it is in the water) lift the canoe clear of the water, place the paddles under the loops on the center thwart, and lash the handles to the next thwart in the rear, then turn the canoe up on its side with the bottom resting against your legs. With the canoe in this position, with the left hand grasp the center thwart about two inches from the gunwale, and, running the right forearm under the blades of the paddles that are under the loops on the center thwart, grasp this center thwart with the right hand farther over toward the other side of the canoe.

WITH the hands in this position, you now lift the side of the canoe from the ground, resting the weight entirely on your knees as you stoop and roll the canoe up your body. Without stopping this rolling motion of the canoe and without taking the weight of it from your knees, slide your right hand slightly toward you, and, letting go of the thwart with your left hand, reach over and grasp the opposite side of the canoe at the top of the gunwale with your left hand just forward of the thwart, still supporting the weight on your lap; place the right forearm under the canoe and lift it above your head, at the same time turning the canoe upside down and sticking your head inside the canoe between the paddles with the broad blades resting on your shoulders and with your hands grasping the gunwale on either side as far forward as you can reach. This stretching of the hands far forward will enable you to balance the canoe with little effort. You are now ready to carry the canoe across the portage.

With a little practice and attention to the details of "getting the knack of it," you will find it is easy to accomplish, and thereafter you will cease to wonder at what you supposed was the superhuman "strength" of the northern woodsmen who do this so easily. You may even take a secret pride in showing your friends how easily you yourself can do it, and permit them to be astounded at your "superhuman strength." If, however, the portage is a long one, it is best to tie the arms of a sweater around your neck with the body of the sweater covering your shoulders and hanging down your back, to serve as a padding for your shoulders on which the blades of the paddles will rest.

In this same way you can lift the canoe even out of the water without the necessity of having an open space of ground for the performance, which also prevents the possibility of injuring the bottom of the canoe from dragging.

In case you do not quickly get this knack of hoisting a canoe to your shoulders, another way to do it is to turn the canoe upside down on the ground after you have put the paddles in place, then lift the stern of the canoe, with the nose still resting on the ground, and stoop down and place your head inside the stern. Now step forward, with the hands sliding up along the edge of the gunwales on either side to steady it, until you get to the center thwart with the paddles resting on your shoulders. The nose of the canoe will now balance upward from the ground, and you will be ready for the carry. This requires less skill than the previous method.

In selecting a canoe for a trip, weight is an important factor. A new eighteen-foot canoe should not weigh more than seventy-five pounds. Until one is used to handling a canoe, one should always paddle while kneeling on the bottom of the canoe instead of sitting on the thwart, as one can better balance the canoe while kneeling on the bottom than when sitting high up in the canoe, though the kneeling position is more uncomfortable. The more heavily the canoe is loaded, the easier it is to balance. Also, if the wind is high and the water rough, or if shooting rapids, never lean your back against the thwart for rest, because when leaning against the thwart the weight of the body rolls with the canoe and may tip it over, while with the body free of the thwart you can lean the weight of the body in the opposite direction as the canoe rolls, and thus keep it balanced.

Always load your canoe while it is resting free on the water, as this is the only way you can tell whether you are getting the weight properly distributed to keep the canoe on an even keel. Great care should be taken in loading the canoe, and the luggage should be so distributed (taking the weight of the paddlers into consideration) so that the bow of the canoe will ride about four inches higher in the water than the stern. This will greatly facilitate the passage of the canoe through the water and the handling of it in rough or "fast" water.

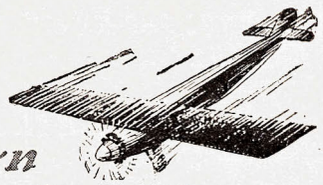
In selecting paddles choose one the height of your eyes, with a seven inch blade. Always carry an extra paddle in each canoe if there are rapids to be run. Perishable foods should be carried in waterproof duffle bags, as should the bedding and clothing of the party. When coming to the end of a portage, never put the canoe down on the ground—always carry it to the edge of the water and put it down in the water, even if you have to wade into the water to do it. Otherwise you are apt to injure the bottom of the canoe.

CANADA, of course, is seamed with ideal canoe routes that take the canoe traveler through a virgin wilderness. Here is a network of lakelands and wilderness waterways stretching 4000 miles across a continent and extending 2000 miles north to the Arctic seas which beckon to the canoeing vacationist who has the time to spare.

But for those in the United States who do not wish to go so far from home, there are wilderness waterways that are almost as alluring. There is the famous Allegash River trip in Maine. To embark on this trip, which takes one right through the wildest region to be found anywhere in the East, go to Kineo, Maine, and take the boat up Moosehead Lake to Northeast Carry at the head of the lake. Cross a portage here to the headwaters of the Penobscot River, in which you can embark your canoes for a trip of three weeks to a month through the heart of the wilderness down the Penobscot and Allegash and through a network of lakes to the coast.

Closer to the metropolitan district is the Delaware River. Transport your canoe up to the headwaters in New York state, and float and paddle down its course through the Pocono Mountains and the Delaware Water Gap to Philadelphia. Then there is the Susquehanna River in Pennsylvania, which affords another delightful canoe trip through the Pennsylvania Mountains with no dangerous water to encounter and many delightful camping spots along its banks. The Allegheny River in Western Pennsylvania, the Ohio, the headwaters of the Mississippi, the lakes and streams of Northern Minnesota, Wisconsin and Michigan—all afford canoe routes without number, that hold a lure for the canoeing vacationist.

Descriptions and maps of any of these routes will be provided to all readers of PHYSICAL CULTURE who write in for them. Address your request to Ask Physical Culture—and build a better body by taking a canoe-trip vacation!



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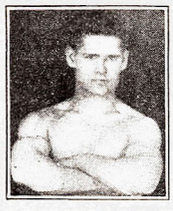

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¶ *You Can Have Perfect Feet*——

Continued from page 37

Here are a few simple exercises that are good for the feet. Take off your shoes and stockings. Stand with your toes turned slightly in; rise to your tiptoes slowly, and sink again to your heels. Repeat ten to twelve times. The standing slightly "pigeon-toed" makes this exercise less tiring than if you stood with the feet straight. It also tends to straighten out the big toe, which has probably been pressed out of line all day.

THOSE women who have calf cramps from wearing high heels, will find relief in standing squarely on the heel and raising the fore part of the foot several inches from the floor. This repeated ten times will loosen and stretch the tautened calf muscles.

Then try to spread the toes as you do the fingers of your hand until they stand distinct and separate from one another. In the normal foot the spacing between the big toe and the second toe, and between the fourth and fifth toes, is greater than the spacing between the second and third, and the third and fourth toes. For this reason you should be able to spread the big toe and little toe farther apart from their adjacent toes.

After you have learned to spread the toes, try putting each one on the floor separately. Begin with the little toe. Then put down the fourth, the third, and so forth, as you would play a scale on the piano with your fingers. This is hard to do and will take practice. It's an exercise, however, that will greatly benefit the ball of your foot and strengthen your arches.

Another good exercise is to turn your foot as far out as you can, and as far in as you can. Do this quickly, as though you were dancing the Charleston. This twists the ankles, strengthens the muscles that hold the tarsal bones in place, and makes the ankles shapely.

Finally, sit on a chair. Extend one foot straight in front of you, free from the ground. Hold the leg steady, and describe a circle with your foot. Five times inward and five times outward will be enough to begin with. This rotary motion is rather strenuous for a foot that has become "stiff". At first you may hear the bones of the ankle creak. Before long they will limber up, and you will have renewed the youth of your feet.

If you expect to see and feel a marked improvement, give your feet this little "work out" every night.

Coming next month: "How to Buy Foot Comfort When You Buy Your Shoes." It's an inspiring article that contains pertinent advice on shoes and their relation to health. Don't miss it!

¶ *Heart Disease Can Be Cured*——

Continued from page 38

are not advisable for heart patients. Rub the skin to a glow with a coarse towel.

Changing the underwear and stockings daily will also materially aid in stimulating circulation. Wear woolen underwear in the fall, winter and spring, as heart patients are susceptible to colds and rheumatism. In fact, a large percentage of the cases of valvular disease have their origin in an attack or repeated attacks of rheumatism. Have your teeth examined by a competent dentist, and have any bad teeth filled or removed.

MASSAGE—If you are strong enough, be your own masseur. If at first the exertion is too much for you, let some one else do the work—two or three massages daily, covering the whole body, the limbs from the feet up, the arms from the hands to the shoulders. In other words do all the massaging toward the heart, as this aids in the return of the blood to the heart.

EXERCISE—Walk rather than ride, walking a little farther each day, but never far enough nor fast enough to tire you, and on level ground at first.

Motoring is a poor form of exercise for any one with a serious heart condition, as it involves too much excitement and nervous shock. If you must indulge, however, *do not speed*, and avoid congested traffic as much as possible.

OCCUPATION AND RECREATION—Avoid heavy occupations, the constant use of the arms, dusty trades, working places where infections are common, public places, or occupations causing severe nervous strain. Do not engage in mental labor to the point of fatigue.

DO not engage in strenuous exercise such as running, jumping, rowing, football, et cetera.

MENTAL HABITS—Fix the thought thoroughly in your mind that you are going to get well. Remember, you are the one who must make the fight, and you have a far better chance than the many tubercular patients who are gritty enough to fight and win. You must do many things that will seem disagreeable and irksome, and you must leave undone many of the things that you would like to do; but your goal is *health*, and it is worth the race.

Worry from any cause is taboo. Do not allow yourself to worry about anything, especially your condition. You have lived this long and will probably live many more years. You will undoubtedly live longer if you do not worry. Remember that *worry never helped anyone*. Do not say that you can not help worrying; you can! I used to worry constantly—laid awake nights until two a. m. to worry, thought I couldn't go to sleep before two a. m., no matter what time I went to bed. I set about breaking myself of the worry habit, and I did it in a few months' time. Now, I can go to sleep in five minutes and I *never worry*.

This may sound like preaching, but it is not intended that way. It is the syrup simplex of this health prescription I

am writing for you—a sugar-coated remedy.

If everything seems to be going wrong and you feel like giving up, *don't do it!* There is always a funny side. Look on the funny side and laugh. If you have never learned to laugh, begin today. Indulge in at least one good hearty laugh, and you will be surprised how it helps both you and the other fellow. Then keep it up until it becomes a habit.

Do not allow your mind to dwell on ill feelings toward any one. They harm you more than they do the other fellow, regardless of what he has or has not done.

ALTITUDE AND CLIMATE—Cardiac patients should live at an altitude not exceeding two thousand feet. As a rule sea level is best, but not the sea shore. Great caution should be exercised in going above three thousand feet.

Avoid cold climates. A warm dry climate at a low altitude is best. Cold winters are bad for an abnormal heart condition. But do not give up hope if conditions for you in this respect are not ideal, as I have a patient living at an altitude of six thousand feet who had a bad leakage of the valves of the heart six months ago, but is well today. I have the verdict of a very able physician friend of mine in verification of my own verdict of improvement in this case.

REGULARITY AND MODERATION—Regular habits are of value to every one, but especially to the heart patient. Have a regular time for your meals and allow sufficient time for thorough mastication and real enjoyment. Have a regular time for sleep and let nothing interfere with it if it can possibly be avoided. Go to bed early. And regularity is a very important factor in bowel evacuation. Cultivate the habit of one or more regular bowel movements daily. Keep the bowels open and free, as straining at stool is very bad for the heart.

MY final words are *don't hurry*, and again, *don't overeat!* Take a moderate pace at anything you do. Do not try to keep up with the fellow who is in perfect physical condition. Do not run for a car or a train. If you cannot catch *that* car without running, wait for the next one, for there will be another one. Cultivate calmness, and do not allow anything to excite you.

Next month Doctor Ewing will take up in detail exercises for all parts of the body, of special benefit to victims of heart disease. You will find it in the June issue, on the newsstands June 1st.

The Lure of the Theatre

Who does not thrill to the magic of footlights and the glittering stars that appear behind them? Who does not wonder what these people are like? In THE DANCE MAGAZINE you may meet them face to face.

The May issue contains an article by George M. Cohan, explaining his reasons for his own great success as a dancer, composer and playwright. Pavlowa continues her life story from April.

Don't miss this issue. On all newsstands the 22nd of April. Thirty-five cents per copy.

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Easier to learn than stenography... faster to use

"In November, a failure ... In February, secretary to the President... that is my remarkable story.

"Frankly, I was a failure. I had to admit it. No matter how hard I tried for months and months, I *could not* master shorthand. I knew that I was as intelligent as most and yet I simply couldn't learn those queer signs and symbols. I was earning very little and it looked as if I would stay right there forever.

"Then a friend, no older than I, was made secretary to a big executive. And I heard what she was earning. I went to her and frankly asked how she did it.

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"When she showed me, I was amazed. It was all so simple. She had taken up Speedwriting ... had learned it almost overnight ... and in less than no time was an expert at an expert's salary.

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"That was only three months ago. Now everything is *so* different. Here I am, the girl who thought herself a failure, actually secretary to the President. He has just told me what my salary is to be. I can hardly believe it is for me.

"It is too bad that I didn't learn Speedwriting in the first place! I hope others will not make the same mistake ... or, if they have already studied the old, difficult systems of stenography, that they will learn Speedwriting now and get all the greater opportunity which it gives."

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All over the world, Speedwriters are astonishing experienced people by their speed, accuracy and the ease with which they have learned this new shorthand.

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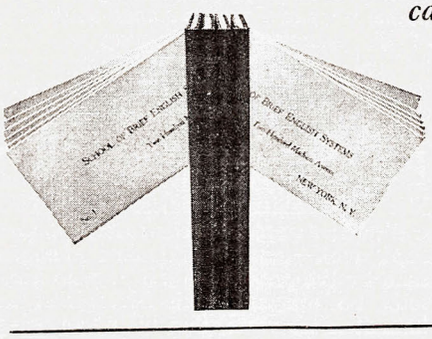

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Preparing for Motherhood

By Bernarr Macfadden

NO matter how strong the mother instinct may be, no matter how desperately she may long for babies, no woman can think of childbirth without the cold hand of dread gripping at her heart.

Once embarked upon that course there is no turning back, no postponement, no hurrying matters. Nature runs its course with the certainty and finality of fate. And it is a road you must travel alone. No matter how loving and sympathetic your husband may be, or how willing he is to bear his share of the burden, there is nothing he can do.

But there is a very great deal that you can do in preparation for becoming a mother to reduce the unpleasantness and discomfort of the preliminary period and make the final ordeal surprisingly easy and comparatively free from pain.

Nature never intended women to undergo the horrors in childbirth that have been developed among the more highly civilized races. Animals have no trouble—women of the savage tribes give birth to their babies with little or no inconvenience. Is it reasonable to suppose that Nature has discriminated against a certain class of women, that she picked upon you and your civilized sisters to endure special agonies in her system of race perpetuation? Nature is not at fault, but our modern mode of living is. If you prepare yourself for childbirth along the lines that Nature intended, she will become your loyal ally and will take you through with surprising ease.

Chapter Heads of This Helpful Book

The New Motherhood.
What Mothers Should Know About Eugenics.
Making Motherhood Safe and Easy.
Preparation for Conception.
The Signs and Progress of Pregnancy.
Diet in Pregnancy.
Exercise During Pregnancy.
Bathing During Pregnancy.
The Importance of Rest.
General Hygienic Considerations.
Symptoms and Ills of Pregnancy.
Clothing for Pregnancy and Lactation
Preparation for Childbirth.
Making the Birth Easy.
Diet, General Care and Hygiene During "Lying In."
Getting Up After Confinement.
Exercise for Quick Recuperation Following Confinement.
Amazing Remedy for Blood Poison.
General Care and Hygiene Following Confinement.
Does Maternity Mean the Loss of Your Figure?
Keeping the Breasts Firm After Childbirth.

"Preparing for Motherhood," by Bernarr Macfadden, is a godsend to prospective mothers. In it he tells you the things every woman should know regarding motherhood. He goes into the subject fully, fearlessly and simply. If you prepare yourself along the simple lines he recommends, follow out the common sense instructions given, you can enter upon the ordeal of motherhood with a mind free from worry, and the glorious anticipation of the coming of fine, healthy, beautifully developed babies to fill your life with sunshine. This splendid book should be in every home.

Send for This Book Today and Examine It at Our Risk

Send for this book today but send no money now. When the postman delivers it at your door pay him $2.00 with the full understanding that if for any reason you do not wish to keep the book, you are privileged to return it within five days after receipt for a refund of your money.

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I am interested in "Preparing for Motherhood." Please mail me a copy, and I'll pay the postman $2.00 plus delivery charges upon receipt.
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¶ *Insured for a Million Dollars In His 60th Year*

Continued from page 34

not only in the United States but in many other countries, with millions of followers. Even the doctors, the most stubborn of Mr. Macfadden's critics, have been compelled to bow before the inevitable. For a considerable time most of them have depended for cures far more upon proper diets, exercise, fresh air, and sunshine than upon medicines.

But the publisher's $1,000,000 insurance is an even stronger endorsement that his health teachings were—and are—absolutely sound.

He did exactly what he urged others to do.

AND he didn't die. He didn't contract tuberculosis. He didn't become wasted or anaemic. His vitality and vigor did not decrease with the years.

Instead, he erected an everlasting monument to himself and his health doctrines, and cashed in on his health training by obtaining a $1,000,000 life insurance in his sixtieth year, with a single examination which proved him in 100 per cent. physical condition.

Mr. Macfadden's life, as I have observed it, could be followed with profit by every other working man—and he has been a working man all his adult life—whether he anticipates becoming the head of a great business and applying for $1,000,000 of life insurance or not.

Good health always has come first with him; for two reasons:

First, because he was determined to enjoy every minute of his life, and he realized that to do this he must be free from all ailments, that there must be no physical drawbacks to cause him mental worries.

Second, because he was ambitious to achieve outstanding business success, and, knowing this could be acquired only by persistent hard work, he was determined to possess at all times the superabundant amount of vital energy which he would have to draw upon to reach his goal.

To him an unlimited amount of vital vigor was the most precious of assets. It would give him the strength and the endurance to stick to his tasks, to outwork the average man by many hours daily.

So he cultivated and maintained a body which was practically proof against fatigue or illness; a body which enabled him—particularly in the early days of his publishing ventures—to work from sixteen to twenty hours a day without undue wear and tear, without a sapping of his energies. Such energy as was utilized during a period of labor was immediately thereafter replaced by proper exercise, foods, recreation, and rest.

PERHAPS I have used the word work too frequently in speaking of Mr. Macfadden's efforts. What his friends and employees considered work—hard work—never was looked upon as such by the publisher. He says so himself. So buoyant were his spirits, so boundless his vigor, that his whole being demanded an outlet for his energies. And what, to others, would have been classified as work, he considered play.

"I played my way to success," is the way he puts it.

How many other men who have achieved financial success in a large way can make the same statement? Few, very few. And why? Because, unlike Bernarr Macfadden, they sacrificed their health for their business. He never permitted any business demand to cause him to deviate from his health program. And, possessed of a vitality which the health backsliders never possessed, he made every move produce results.

Another thing which kept the publisher upon his toes was that he was a born propagandist. Not only was he "sold" personally on his program for creating and maintaining good health, not only did he live up to it with the faithfulness of a religious zealot, but he was determined to convert others to his belief.

OPPOSITION and ridicule only made him the more fixed in his purpose. He was not only willing, but anxious, to fight for his ideals. It afforded him a real thrill to strike back at his traducers, for he knew he had the right of the argument. And the battle of wits—which in time won him followers running into the millions—helped to keep him alert and keen. No fighter can win unless he is wide awake and on the move at all times, and by practicing his own preachments he always was fortified physically and mentally to meet and best all comers.

It is life in the cities as at present practiced, Mr. Macfadden contends, which destroys human life at a rate which is appalling. There, he says, persons are swayed principally by two objectives—to achieve financial success at no matter what cost, and to enjoy themselves. Health building and maintenance is given but scant consideration by too many in the cities. The word "enjoy" covers an endless number of sins of commission and omission, which brings death at an age when men and women really should be able to get the most out of life.

His message to the dwellers in the monster civic beehive—spoken and written thousands of times—always has been that material success is worth little if good health must be sacrificed to obtain it. But he also has added that, with the proper physical background, financial and business success follows.

If anyone doubts this truth, let hi consider Mr. Macfadden's own case.

Thirty-five years ago he reached Ne York City with $50 in his pocket, no backing, no influential friends and with only good health, boundless energy, and a big idea as assets. Today he heads one of the greatest publishing houses in the world.

And five insurance companies have endorsed the results of his living the life he has advised others to live for thirty years and more—to the extent of $1,000,000.

¶Why Husbands Lose Their Wives

Continued from page 29

with the same consideration after marriage that they did before. Sweetheart days should be held on to as long as possible.

And the same high standard of vital health that helps to make marriage so enticing should be maintained as long as possible by both husband and wife.

It should be very definitely remembered by husbands that wives are entitled to the sanctity of their own bodies, that they have instincts that must be obeyed with religious care if satisfying happiness is desired throughout the entire marital voyage.

And it must also be remembered that love is delicately sensitive and its dictates must be carefully respected to enjoy its most supreme rewards.

Bernarr Macfadden

The Truth About Ghosts

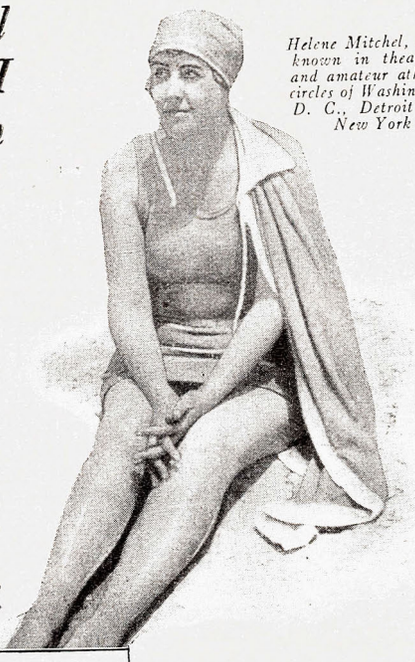
The reading public delights in romance, but more and more does it demand that stories must be true, or based upon truth. GHOST STORIES—the only magazine in its supremely fascinating field—brings you on every page into contact with the known facts concerning occultism and the life beyond the grave.

GHOST STORIES publishes experiences of its readers which they represent to be true happenings. In the June issue—on the newsstands April 23rd—read *The Thing Which Happened To Me*, the tale of an abducted bride; *The Mystery Of The Sealed Door*, which tells how a spirit avenged a murder; *When The Sea Gives Up*, the strange story of a wrecked immigrant ship; and many others. Also, *Plain Truth About Spiritualism*, by Leonard Crocombe, a noted English authority.

GHOST STORIES—a Macfadden Publication—gives more authentic thrills for 25 cents than any other magazine of its class.

"It's Great to be Well!"

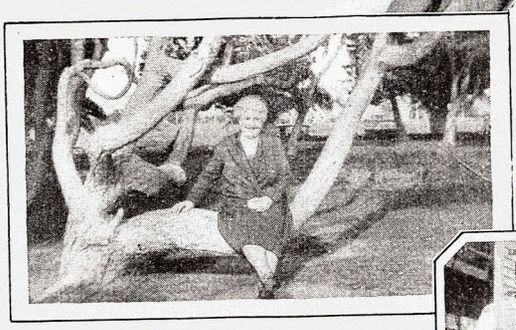
"I'd like to tell everybody how I regained Health



Helene Mitchel, well-known in theatrical and amateur athletic circles of Washington, D. C., Detroit and New York

"Exercise isn't everything. I have been an athlete for years . . . hold thirteen medals for swimming and diving. Yet I found myself run down, weak and troubled with swelling and stiffness in the joints. The doctors called it arthritis. Then I found Agmel . . . used this delicious raw food as a general body builder and tonic, and soon was my old, vital self again. I should like to tell every sick person to try Agmel, not as a medicine, but as a wonderful health-building food."

HELENE MITCHEL,
New York City.



Left

"HIGH BLOOD PRESSURE kept me almost sleepless. My pressure was nearly 300. I had several slight strokes. Agmel was a forlorn hope. But, to my delight, after one week I began to sleep better. Later, my physician was amazed to find my blood pressure only 200. Now I feel perfectly well again."

MRS. A. I. MAY,
Venice, Calif.

Left

"I WAS WEAK, run down and constipated from improper diet and hard work. Food did not digest properly and my stomach caused great distress. After using Agmel, my doctor says I am normal in every way. Digestion perfect. I sleep well and feel strong. I did not diet, but used Agmel in conjunction with hearty, well-balanced meals."

L. B. CURTIS,
Hollywood, Calif.

Raw Health Food from Mexico

Rich in Vitamines, Minerals, Natural Yeasts

FROM Old Mexico now comes a great natural health food. Not new, for it has been used, its value proven, for centuries. But *newly available* outside Mexico. Aguamiel, the fresh milk of the Maguey plant, is imported in concentrated raw syrup form called Agmel. Its use, now world-wide, is producing remarkable results in conjunction with treatment of KIDNEY AND STOMACH TROUBLES, DIABETES, HIGH BLOOD PRESSURE and many other ailments.

It is prescribed with benefit for NURSING AND EXPECTANT MOTHERS, INVALIDS, CONVALESCENTS AND UNDERNOURISHED CHILDREN.

Why Agmel Brings Health

The Maguey plant takes 10 years to mature on Mexico's Great Plain above 8,000 feet altitude. Rich volcanic soil, brilliant tropical sunlight filtered through rare, dry air, endow Aguamiel with abundant minerals and vitamines. Scientific research shows Agmel contains nine important minerals—vitamines A, B, and C—natural yeast beneficial in digestion and elimination—and a valuable natural sweet called Agavose, so easly assimilated that it is used even by diabetics.

No Matter What You've Tried, Agmel is Different . . . Unique in Health Value

Aguamiel has been used in Mexico to treat disease for centuries. Scientists have studied it and scores of books have been written on its use. For generations physicians of Europe and America have sent patients to Mexico to drink the sap. Now the world-famous Aguamiel is available everywhere at a cost of a few cents a day. Agmel is raw Aguamiel in syrup form, unchanged except for removal of water without cooking. Not a medicine. Free from preservatives. Non-alcoholic. Deliciously refreshing in taste.

Nothing else is like Agmel. You cannot judge its value by anything else ever tried. If you are sick, or have loved ones who are, drop a post card or letter in the mail today for authoritative 24-page booklet, "The Story of Agmel." Agmel is sold by health food and drug stores throughout the world. The Agmel Corporation, 250 Park Avenue, New York, N.Y.

The Aguamiel-producing Maguey grows in Southern Mexico at 8000 feet elevation

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Folks no longer question the value of Physical Culture. There are too many living examples of the beneficial results of exercise and clean living for the idea to be doubted. In the thirty years which Bernarr Macfadden has been preaching the gospel of Physical Culture, thousands have been shown the pathway to health and happiness—and the good work continues on.

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¶ *Confessions of a Prize Fight Champion*

Continued from page 35

story short. I fought Graney sick at heart, and lost the decision.

Mooney and a clique of gamblers kept after me and framed me. I was arrested in a cottage with men and girls, charged with a serious offense, in connection with a minor. Rather than stand trial and certain conviction for an offense of which I was not guilty, I ran away. I wanted to forget the past, and everything connected with it. I went to a lumber camp, under another name, forgetting I was Jim Carney, the ex-champ. I became involved in saving a girl named Anita Carrington from the unwelcome advances of the bully of the lumber camp—and before I was there three hours! Human nature is a funny thing.

THE ringing clang of steel against steel in the early morn—sleep-laden men throwing aside blankets in a bunkhouse warmed by the heat from the bodies of sleeping humans—the rustling of hay mattresses—the grumbling and muttered cursing of cranky men fumbling for boots and socks and woolen pants and shirts—the breath-taking cold of the northern fall morning—freezing water splashed into bearded faces, huge horny hands groping for the roll towel—with these jumbled impressions I began my morning at four-thirty, deep in the patriarchal forests.

Then came breakfast. The grouchiness of awakening men vanishing before the appetizing odor of cooking food.

And then to labor. The black masses taking shadowy individual form in the gray of the dawn; trees dripping with blood-red color in the rose-flame of the coming sun. The ring of axes, the crash of monarchs of the forest, the vibrant barytones of singing men; chantey songs voiced by happy men and yet always tragic in story; endless verses about those who had gone as tribute to the roaring waters and the pounding logs.

Night time. Physically fatigued; lights out at nine; instant and undisturbed slumber.

I took my turn at the axes, having had some experience previously; but because of my familiarity with a tractor from knowledge gained from somewhat similar machines in the wheat fields, I spent considerable time hauling logs over the rough trails to the rollways on the river-bank.

Theoretically, I came into the woods wearing as a badge of my new calling, a chip on my shoulder. I meant to be insubordinate and quarrelsome, to drink whatever bootleg liquor I could get; in short, to be a nuisance to everyone else and to myself. Nature had given me a wonderful physique, and I expected to watch it rot away under some such treatment as "day by day in every way I get worse and worse."

INSTEAD, I threw myself enthusiastically into work. I puzzled the veteran woodsmen by seeking the most laborious tasks and asking no credit. I became as vain as a peacock, as I whipped myself into shape and watched the play of straining muscles on my perspiring body. But while I aroused no man's anger, I won the confidence of none. "Indian Jim" was the soubriquet quickly fastened upon me, because I seldom spoke.

I piqued the interest of my simple-minded associates. Because I was something different, someone apart from them, they accorded me silent respect; because of my strength they admired me, and because of my unruffled disposition they liked me. Surely I would some day become one of those legendary characters who figured in their chantey songs, for I became the object of much whispering. The explanations for the presence of "Indian Jim" included making me a movie actor seeking atmosphere and a writer after material, and what-not!

Even Blackie Faroux failed to resume his quarrel with me. I gave him no cause for argument, and I had the good will of too many of the men. And so Blackie scowled and sulked in silence and bided his time. I felt, however, that inevitably I would have to fight him to a finish. But when the time came he would find me in good physical trim.

I kept myself so busy that I had little time for reflection, but occasionally I did snatch a moment to consider myself in wonderment, and to believe almost like my credulous French-Canadians that I was some sort of the strange person they assumed me to be. I sometimes had doubts, as I guided the tractor alone through the silent, snow-shrouded forest, whether any such person as Jim Carney, Champion, had ever existed. The rise from obscurity, the crash of perspiring bodies, and the slamming of padded fists on a light-flooded patch of canvas in a sea of shouting humans, the procession on the shoulders of an admiring throng, the tribute of cities, the twinkling footlights, the jeweled illumination of New York's night life, the satin shoulders of beautiful women, and then the treachery of friends, the persecution of enemies, the oblivion of defeat and the relentless hand of the law—all this contrasted so completely with the simple tranquillity of my present outdoor life that it seemed scarcely ever to have existed.

BUT most of all I wondered at the inspiration for my contentment. Was it because I found satisfaction in hard work, or because I felt safe from persecution, or because I rejoiced in my physical fitness? Or was it because one little incident had saved me from my resolution to go completely to seed and had given me something to live for? And was this incident the standing on a darkened station platform and looking down into an oval face hidden between a small hat and a fur collar and only dimly illuminated by the pallid rays of an oil lamp? I wouldn't permit further reflection when I reached that point, for I hated to make acknowledgement for anything to a woman.

Clyde Carrington, uncle to Anita Carrington, turned out to be the superintendent for the Northern, in charge of a large territory that included other camps besides ours. Carrington, a large man and of military appearance, with iron gray moustache, surveyed the world with the sharp eyes of an inspector-general. He usually finished up the week at our camp and then returned home for the week-end. LeBourveau, boss of the camp, gave me the job of taking one of the camp flivvers into Brookfield for the superintendent, early Friday and bringing him back on Saturdays.

The third week we reached Brookfield late, and Carrington asked me to stay to supper. I met Anita again as I entered the dining room, and was struck again with her unusual attractiveness, her neatness, her slender, boyish form and her graceful carriage. She wore a simple house frock of blue; the black hair caught at the nape of the neck gave no indication of beautifying beyond ordinary brushing, and she wore no jewelry save for an amethyst ring on her right hand. The modesty of her appearance, the calm assurance of her expression, lent her a charm of which, try as I might, I could not help be conscious.

I RESENTED the intrusion of even this girl into my life, but of course I could not be rude or boorish. The fact that Anita greeted me without introduction brought no surprise from the superintendent, and I gathered that she had acquainted him with the incident on the train. I further suspected that his bringing me away from the camp for Saturday night, the most likely occasion for any trouble between myself and Faroux, was a bit of strategy.

Carrington was either a bachelor or a widower, because the woman who waited upon us gave every indication of being a housekeeper and no relative. The superintendent and his niece carried on the conversation, which consisted largely of talk about Anita's school work. It all seemed uneventful to me, but she appeared to enjoy her profession.

After the meal we went into the parlor, a low-studded room furnished with plush covered chairs and divan, a grandfather's clock, a what-not, and on the wall crayon enlargements and embroidered mottoes. An upright piano gave the only modern touch to the room. I have mentioned Anita's simple apparel, while I wore woodsman's clothing—checkered shirt, corduroy pants and uncaulked high moccasin boots. The superintendent handed me a cigar and left the room, only to return shortly.

"It's snowing heavily and looks like a bad storm," he announced. "You'd better figure on puttin' up here for the night, Clark." And as if he had concluded an executive order, he left the room.

Anita sat at the piano and played several numbers, then sang. She had a pleasing voice, one that I knew must have had training, for she sang a number of Italian and German songs with facility. This new insight to this backwoods school teacher aroused further curiosity. Finally she swung around on

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Amazing New Electrical Discovery!

Now at last—through the electric magic of Infra-red Rays—Science has found a startling way to grow new hair quickly.

No matter how fast your hair is falling out. No matter how much of it is gone—this is our guarantee: This amazing new electrical discovery will end your dandruff—stop falling hair—and grow thick, luxuriant new hair in 4 weeks—or you pay nothing! You risk nothing. You are the judge—your own mirror will furnish the astounding evidence.

Famous Surgeon's Discovery

Two years ago a noted surgeon, seeking to bring back his hair—applying all his scientific knowledge to the problem—made a remarkable discovery. It is the first time a scientific man of his standing has ever entered this field of helpfulness.

He discovered a simple way in which to use life-giving, invisible heat rays—known to all scientists—to restore health and normal conditions to the scalp tissues, and so RESTORE HAIR in all but certain rare instances. It ended his own baldness. Today his hair is unusually thick and luxuriant.

Called Dermo-Ray

Because of his scientific conservatism, and his standing in his profession, the discoverer of Dermo-Ray made no general announcement of his startling discovery. But, as the head of his own hospital, his own case-records—with hundreds of men and women—proved scientifically, conclusively, that this new discovery grows hair when nothing else will—grows hair, ends dandruff, in NINE OUT OF TEN CASES. Now that the amazing power of Infra-red Rays is known to the entire scientific world—and DERMO-RAY has been proved to be one of the most startling scientific discoveries of recent years—now, for the first time, has he permitted public announcement of his discovery to be made.

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In 9 out of 10 so-called cases of baldness the hair roots are not dead. They are only dormant. But when you try to reach them with hair-tonics, oils, massages and salves, you are obviously wasting both time and money. For you treat only the *surface skin—never get to the roots.*

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You can use DERMO-RAY in any home with electricity. The warm, soothing, Infra-red Rays vitalize your scalp while you rest or read—a few minutes each day is all the time required.

In four weeks you will be free forever from the social and business embarrassment of baldness—or you pay nothing.

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the piano seat and crossed her hands on her knees.

"UNCLE CLYDE tells me they call you 'Indian Jim' at the camp," she began, "because you are so silent. Must you be Indian Jim with me, also?"

"I don't know what to talk about," I answered.

"You must have had considerable and interesting experiences before coming here," she stated.

"I don't believe you would find them interesting," I told her politely.

"There is something familiar about you," she said unexpectedly. I must have started, because she continued. "But I haven't even questioned myself. Don't worry, I won't discover your secret—if you have any." She smiled wistfully. "That hardly sounds consistent with your views on women. You haven't a high opinion of women, I remember."

"Or of men either," I supplemented. "I would much prefer to talk about trees, about the mountains, the rivers and the lakes."

"So would I," said Anita earnestly. "Let's."

Anita talked very interestingly and as expertly as a guide might, on the lore of the woods, and time to retire came before I realized it.

"Here are some of last week's newspapers," suggested Anita as I started to go upstairs. "You might like to catch up with the news before you go to bed."

"No thanks," I said bitterly. "I am not interested in newspapers."

I remembered suddenly that I had not bade her good night, and I turned quickly to do so. As I did, I surprised a look of sympathy with which she had been following me.

Three other week-ends I encountered snow storms and was forced to stay at Carrington's. I found myself towards the end of the week casting my glances skyward in hopes of weather that would keep me in Brookfield over Sunday. One week it snowed a blizzard, and I couldn't go after the superintendent. I fretted around the camp and nearly clashed with Faroux, but LeBourveau, the boss, apparently watching for just such trouble, stepped in and found work for both of us at different ends of the camp.

THE blizzard covered the forests with high drifts of snow; but warm suns that following week packed the white blanket and the cold nights froze it hard. On Friday I was able to go in for the superintendent and return him Saturday on a star illumined evening that gave no sign of an excuse for my needing to stay over.

But at supper that night Anita looked across to me with a tense expression.

"Mr. Clark," said Anita, "I have been invited to a dance this evening at North Brookfield, and I would like very much to go. I have already found out that you and Uncle Clyde wear the same size shoes, and I think his suit will fit you. I would like to have you go with me."

Dressed in my superintendent's clothes, which fitted rather well save in the length of sleeves, I drove Anita in Carrington's closed car to an informal church social in North Brookfield. Corn meal had been spread on the floor of the small hall to make it easier for dancing; colored streamers of crêpe paper hung from cross beams and draped around windows provided the decorations, and in an anteroom a supper had been prepared by some of the house-wives of the community.

"You dance beautifully," Anita complimented me as I led her to the side seats after guiding her through a waltz played by a three-piece orchestra of fiddle, drum and piano.

"You dance more than beautifully," I said, sincerely. I looked at her questioningly. "You dance almost professionally."

SHE averted her head slightly. "I have danced professionally," she answered slowly.

"And sung professionally."

She nodded assent. "I have played in New York musical shows. Not much; but enough to know that I didn't belong. I talked with too many former stars who taught me the fickleness of popularity; and I found too much friendship of doubtful character. I became homesick for this place where I knew real men and women who meant what they said, homesick for the hills and the forests that changed only slowly with the seasons and not with the kaleidoscopic speed of Broadway. This is my home, the home of my people for generations. I could change only enough to spoil my life."

"I think I can understand," I told her softly.

"I believe you," she said. "The French-Canadians at the camp have many strange stories to explain your presence, my uncle tells me, but I think the true explanation is that you came here to seek real happiness."

"I didn't come to seek it," I corrected her; "but I think I have found it."

We did not continue our conversation further along this line. After the dance I drove her home over the snow-packed road bathed a silvery blue by a full moon, with nothing to break the silence save the rythmic ringing of the rear wheel chains that seemed to sing in my ears, "I'm in love, I'm in love, I'm in

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love." A magic expression, it seemed to me.

I knew the truth now. I was in love with this girl beside me; a real love that put to shame my wild infatuation for the Broadway Flame, Goldie Delroy. And I had no license to be in love with such a girl. I was a fugitive from justice, innocent of any crime perhaps, but nevertheless charged and publicly condemned for a wretched offense.

When I had locked the car in the garage and joined Anita at the house, she broke the silence.

"You have been Indian Jim all the way home," she reproved with a wistful smile.

"I've been thinking," I answered, "about you—and myself."

All during the night the ice in the Passimac had been booming and cracking, and we in the bunk-houses knew that the river was up and that on the morrow the spring drive would begin. When the men rolled out the next morning they fumbled around the deacon bench for their spiked shoes and the tallow with which to grease the boots. Millions of feet of lumber would that day be started down the swollen river to the mills at Chester.

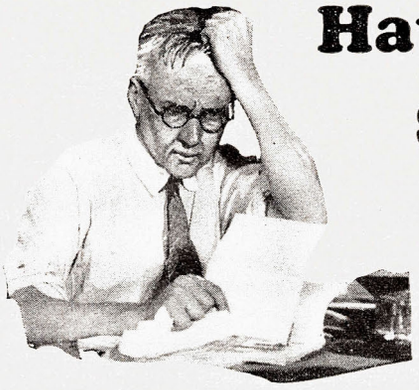
FOR days now the new season had made its presence felt throughout the forest. Streamers of golden sunlight filtered through the argent fronds of the patriarchal spruce and reflected iridescently from the virgin snow. The dull green of the forest had become laved in beautiful emerald, and the cones of the distant Passimac Range had changed from sultry gray to a sparkling silver, and the mauve of its rugged slopes to a soothing amethyst.

The most exulting of all the men was Blackie Faroux. Although unsupplied with liquor—that would come at the end of the drive—the effects of intoxication were upon him. His day had come, and he knew it. There was no man to equal him on the river. He could outpeavie the best. He could scent a key log like a beaver, and for all his weight he could ride a pencil log like a squirrel.

"By gar," he exclaimed to me that morning, baring his strong white teeth in a wide leer, "maybe you show me something on the river, heh?"

But I could show him nothing here. I was a novice at this game; and I would need far cleverer foot-work than I had shown in the ring to ride even the largest of logs in that roaring water.

Breakfast over, the wannigan scow was made ready for the cook so that he might follow the drive. Peavies, pikes and cant hooks were obtained, and we charged to the river like an ancient host. The yarded logs were attacked and spilled into the river like defenders being pushed off the castle walls into the moat. The boom yielded, and the army of logs broke into a wild retreat; but we kept after them, harassing them. And here the analogy differs, for instead of disorganizing this retreat, we fought valiantly to keep the logs organized. Sometimes we encountered rebellion when the logs jammed, but with wild yells, and led by Blackie, we attacked and conquered.



Have You These Symptoms of NERVE EXHAUSTION?

DO you get excited easily? Do you become fatigued after slight exertion? Are your hands and feet cold? Do you suffer from constipation or stomach trouble? Is your sleep disturbed by troubled dreams? Have you spells of irritability? Are you often gloomy and pessimistic? Do you suffer from heart palpitation, cold sweats, ringing in the ears, dizzy spells?

These are only a few of the signs of weak, unhealthy nerves that are steadily robbing thousands of people of their youth and health.

What Causes Sick Nerves?

In women this is largely due to overactive emotions, and to the constant turmoil in their domestic and marital relations. In men, these signs of nerve exhaustion are produced as a result of worries, intense concentration, excesses and vices. The mad pace at which we are traveling is wrecking the entire Nervous Organization.

How to Strengthen Them

No tonic or magic systems of exercise can ever restore the health and vigor to weak, sick, unbalanced nerves. To regenerate lost nerve force, to build up strong, sound nerves requires an understanding of the action and abuses of nerves. It needs a knowledge of the natural laws of nerve fatigue, of mental and physical relaxation and nerve metabolism. And it is only through the application of these laws that stubborn cases of Nerve Exhaustion can be overcome.

Have You These Symptoms?

Get Easily Excited?

Become fatigued after slight exertion?

Hands and feet cold?

Suffer from constipation or stomach trouble?

Sleeplessness?

Is your sleep disturbed by troubled dreams?

Have you spells of irritability, gloominess, pessimism?

Suffer from heart palpitation, cold sweats, dizzy spells?

Are you Bashful — Shy — Afraid?

Do you suffer from Sex Weakness?

Are you troubled with Pains?

WHAT READERS SAY

Testimonials from Readers of book "New Nerves for Old"

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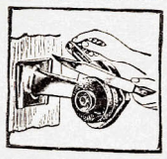

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The drive is the climax of the season's work, and on this drive Blackie Faroux reigned supreme. I gathered from the attitudes of the men, who paused in their engrossing labor to stare at him, that he was excelling all past achievements as he rode slender logs through white water, attacked jams and hurled logs aside. And always he made me the special observer of his performance.

"By gar, let me see you do this! *Sacre*, where is that great one now?" All the jealousy and rancor which he had nursed against me for months, and which I had scrupulously avoided encouraging, now came to a head. But I could not respond. He was a master at this river game and I a novice.

Still it remained for me to turn a trick. Mishaps that spilled men into the icy water came frequently and only brought shouts of derision as sympathy, and I had taken a ducking myself to the immense enjoyment of Faroux.

I saw a popular old veteran known as the "Deacon" take a spill, but probably I alone observed that his head hit the log as he went down. He failed to come up, and a solid mass of log sweeping down threatened disaster. Simultaneously many shouted realization of the danger, but I had already appreciated the trouble and, scampering out over some logs near the shore, I plunged in and with quick strokes reached the spot where he had disappeared and then dove under with eyes open. Fortunately I found him immediately and I brought him to the surface. With other men checking the sweep of logs, I got the well-liked old man to the bank where he soon recovered. Blackie Faroux became so possessed of jealousy that he could have run me through with a pike pole.

THE drive continued, and Blackie performed superhuman work in directing the drive along a tortuous passage that narrowed and wormed its way through rocky cliffs and jagged ledges, but eventually, without the loss of a man, we brought the drive into Chester and the mills. The drive was over.

Many adventurers such as I had been before becoming a pugilist, would scatter and drift to far places in search of excitement; a greater number would go to work in the mills for the busy season, while a few would become a permanent force at the camp, opening up new territory and building new roads, for soon the Passimac would be too shallow to float down other logs. I chose to go with the camp force to return to my woods once more.

That night the gang celebrated. I had looked forward to the occasion. For months now no intoxicants had passed my lips. But tonight I had no desire to break loose in the time-honored fashion. Carrington and Anita came over to Chester, which was only a few miles from Brookfield, and went to the house of friends. I went there, too, at the invitation of their host, a Mr. Bearse, mill superintendent.

The sheriff of the county had also come to Chester, fretful and anxious, cautious enough not to be too officious, and hoping that the celebration would pass over without trouble. But it did not. About nine that night the sheriff came to the house.

"Blackie Faroux is cutting up," he announced. "He's looking for Jim Clark. I think we had better be prepared for trouble."

"Perhaps I had better leave here," I suggested.

"No, stay here," directed Carrington. "Just keep out of Blackie's way. He's bad medicine."

An hour later the sheriff came back. "It looks like I might have to do some shootin', Mr. Darrington. Blackie's wreckin' the hotel, and they want me to make an arrest. He insists on gettin' Clark, here."

"I SEEM to be the cause of the trouble," I announced. "Make me a deputy, Mr. Sheriff, and I'll put Blackie under arrest."

"You'd better take a gun," suggested Carrington.

"I'd rather not," I said. "Blackie hasn't one."

Accompanied by the sheriff and Carrington, I went to the hotel. The bedlam of shouting voices, smashing furniture, and cracking glass ceased as we stepped in the door.

"Ah, you have come!" exclaimed the wild-looking Blackie, extending his arms like a wrestler preparing for attack, and towering above everyone else in the room like the giant he was.

"I've been deputized to put you under arrest," I told him.

"Arrest?" repeated Blackie with a stentorian intake of breath. "Come and take me."

We threw aside mackinaws and came

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together. I hit sharply with my right, but caught him high on the face. My judgment of distance had suffered, but I exulted in the strength I felt behind the blow. In my best days in the ring I could not have hit harder. I missed completely with a left, and Blackie grabbed me and threw me to the floor. I did not play him at his own savage game

We struggled on the floor and finally I got free. I smashed him with a rain of blows and dropped him to the floor. He got up, dove for my legs and dropped me, and again the fight was his style. I don't know how many times we alternated between my method of fighting upright and his animal style on the floor, but it must have been numerous. Our clothes were soon torn to ribbons, and we were covered with blood.

Finally, tired as I was, I flung Blackie aside on the floor with new-found ease. I knew I had him going. We struggled to our feet. Staggering, dripping blood, the huge giant stumbled toward me. I measured his chin and smashed home a savage blow. Blackie Faroux fell forward unconscious.

EVEN after I had washed up I was a sorry sight.

"I think I'll stay here tonight," I said to Carrington. "I don't want Anita to see me looking like this. Just tell her that Blackie Faroux is under arrest."

"I'll tell her," said Carrington. Then he took a deep breath. "God, what a fight! You fought like a champion, like Jim Carney."

"Red Graney is the champion," I said after some hesitation. For the first time in months I had listened to my own name.

"Oh, him!" exclaimed Carrington contemptuously. "Jim Carney could lick him in a round if he wasn't dead."

"Is Carney dead?" I asked with suppressed feeling, my heart pounding.

"Of course. They killed him. Didn't you read about it?"

"No. I haven't looked at a paper for months."

"Well, one of Carney's lawyers kept on the case after Carney disappeared. They had him indicted for some trouble with a girl under eighteen. The lawyer discovered that the girl was twenty, and that killed the indictment. Then the girl and others admitted their part in a frame-up. Carney's old manager Mooney was to blame. Mooney came through clean. Carney never did a crooked thing in his life. He was just a good-natured fool that everybody imposed upon. They licked him before he went into the ring with Graney through lawsuits, and then they poisoned him. Poor Carney died of a broken heart."

"Then it isn't positive," I said with trembling voice, "that he's dead."

"Of course he's dead," insisted Carrington. "Jim Carney is too great a fighter not to come back. Jim Carney is a champion!"

What can Jim Carney, alias Clark, do now? Does he dare risk losing Anita by declaring his true identity? Can he keep under cover indefinitely? You will read next month's instalment of the ex-champion's story with particular interest. It'll be in June PHYSICAL CULTURE, *on the newsstands June first.*

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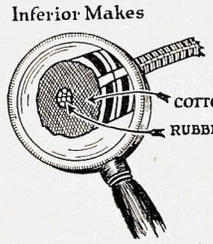

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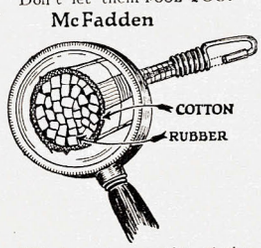

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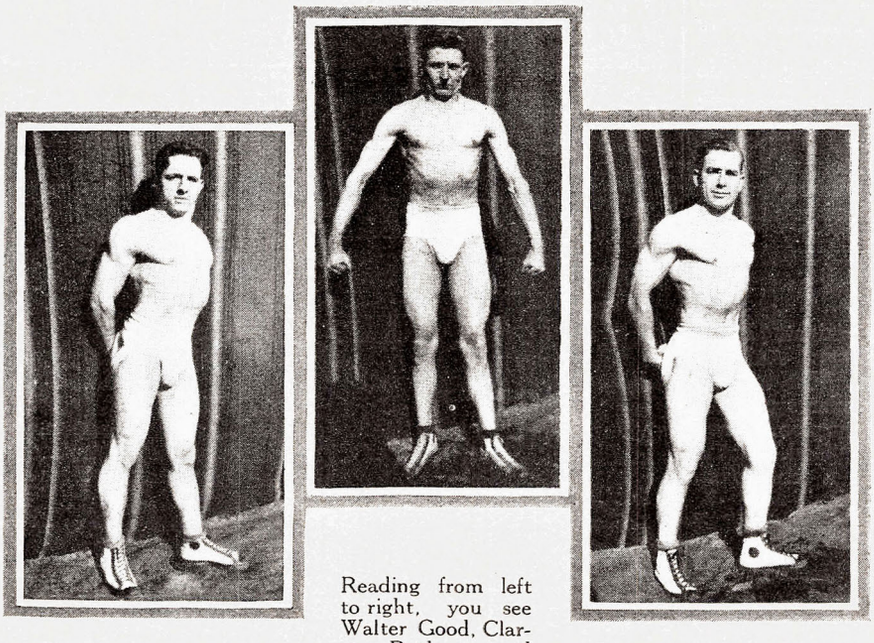
How the *"Good"* Boys Are *Making Good*

¶ Three Brothers and a Neighbor Lad in a Little Country Town Set Out to Become Strong Men. Read the Amazing Results They Have Achieved

By
Paul J. Sauer

PICTURE a lad of seventeen doing a back-lift of twenty-one hundred pounds; another lad of nineteen who drives an eighty-penny nail into a plank, then breaks it off with his teeth—and still another lad of nineteen who dangles from a hangman's noose and lives; and last but not least, the leader of this quartet who allows a one-hundred-and-fifty-pound man to jump from a height of four feet down onto his abdomen while he lies flat upon his back, who lifts with his teeth three hundred and fifty pounds of dead weight.

This group of aspiring young artists is composed of Harry L. Good, age twenty-four years, weight one hundred and sixty-eight pounds; Walter Good, nineteen years and weighing one hundred and sixty pounds; William Good, age seventeen who weighs one hundred and seventy pounds; and Clarence Rathsam, age nineteen years, who weighs one hundred and fifty pounds. All are residents of Reamstown, Lancaster County, Pennsylvania.



Reading from left to right, you see Walter Good, Clarence Rathsam, and William Good. Such development can be obtained by anyone willing to make the effort

It seems that these lads gave a public performance, their first appearance as near as could be ascertained, in a public hall above the town's fire-house. The news of this performance soon spread, and soon came to the attention of the writer, who made it a point to call on them, himself being very much interested in physical culture.

The writer was not acquainted with the little town in which they lived, but at the first house at which he made inquiry he received a favorable reply: "The Good boys, the ones who are so strong? Why, yes. Just two doors up the street."

I was first made acquainted with William, the youngest of the brothers, who, when he learned my mission, immediately insisted on getting Harry, whom he said was the chief spokesman. Then I met Harry, Walter and Clarence, as fine a set of boys as ever I want to know.

After the process of becoming acquainted was over, they immediately led me to their rendezvous, a little shed at the rear of the back yard. The walls were crowded with pictures and charts, straps and chains, ropes and spikes, the spikes bent into V shapes; spikes that had been broken off in the middle were scattered about, and the floor was littered with all sizes of heavy weights and other paraphernalia. The boys immediately got down to work, and I will attempt to give you the facts as they occurred and as I was able to jot them down.

William led off, doing a two-hand snatch with a bar-bell weighing one hundred and sixty pounds, and then followed this with a one-hand snatch of one hundred and twenty-five pounds, using a bar-bell. William then increased the bar-bell to two hundred pounds and jerked it aloft four times in succession.

NEXT Harry took a turn at it and lifted two hundred and sixty-five pounds with his teeth, then increased the bar-bell to three hundred and fifteen pounds and lifted it in the same manner. Harry then pressed three hundred and sixty-five pounds with his feet ten times in succession, balancing William and Walter on a bar, Harry pressed them twice in succession, immediately following his former feat. With one foot Harry then pressed one hundred and sixty-five pounds, three times in succession, balancing the bar-bell at the same time. He then raised this weight aloft, standing on his shoulders and supporting himself only by his elbows to help maintain his balance. He then followed this with a deep-knee bend on one leg with a one hundred and fifteen pound bar-bell on his shoulder.

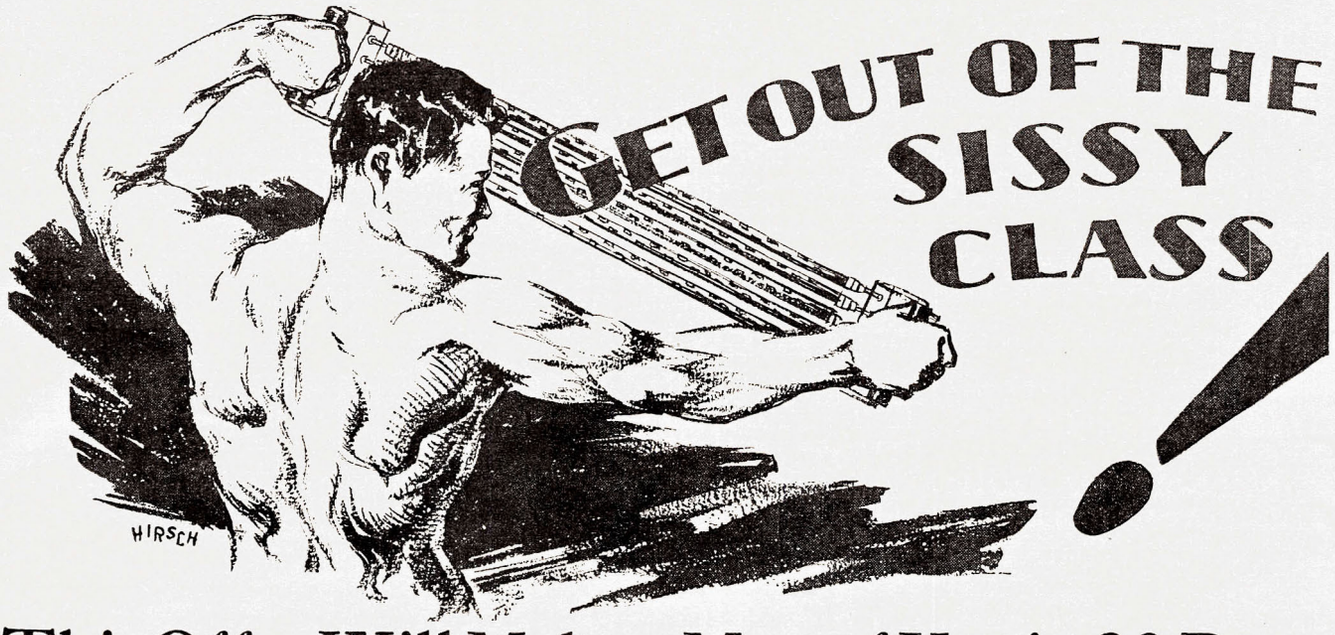
The peculiar part of all this was that he freely conversed with the writer while performing these feats.

Suspended across one corner of the room was a wire with many sixty-penny nails hanging on it. These nails were all neatly bent into a V shape. Harry then took several of them from the rack and commenced to straighten them out. Nothing unusual about this except that he casually remarked, "That is what I do when I want to rest up after doing a lot of heavy work. Walter and William bend them for me."

Clarence then strutted his stuff, but I feared at first that he was going to start with the wrong thing. A short piece of rope with a noose dangled from the low ceiling; adjusting the noose tightly about his neck, he swung from this for a little while. He explained that he had done the same thing for about ten seconds at their public performance above the fire station, and that the length of time that he hangs really has nothing to do with it, sort of bearing out the theory that a man can get used to anything, even hanging—if he hangs long enough. Clarence is tall and slender but very well muscled for his one hundred and fifty pounds. His next number was to juggle a sixty-pound kettle bell a number of times. He also held four men on a bar across his shoulders, a total of approximately six hundred and seventy pounds. Clarence admits that there is nothing exceptional about this; he just wanted to show that he can do something else, even though he wants to specialize on hanging himself. Clarence also does a one-finger lift of two hundred and thirty-five pounds, but he was unable to show this stunt to the writer owing to the fact he did not have some special strap that he made for lifting this weight.

Walter was driving an eighty-penny spike into a big plank and asked the others to hold the plank. He then put a small piece of cloth over the

(*Continued on page* 98)



This Offer Will Make a Man of You in 30 Days

Are you the butt of wise-cracks because your muscles are not developed? Does the gang ride you for being a weakling? If so, get out of the sissy class quickly. Take advantage of our offer and before you know it you will be giving the wise crackers crack for crack.

HERE IS OUR WONDERFUL OFFER REMEMBER IT COSTS YOU NOTHING

Even the postage is paid: We will give you an expensive five cable exerciser, along with a complete course of instructions that tells you how to use the exerciser and build your body into a splendid, well developed physique.

This valuable gift goes with a year's subscription to the magazine "STRENGTH". It is our way of advertising our magazine. We want you to become better acquainted with this high-class publication, which is devoted to scientific body building and muscle development.

The regular subscription price is $2.50 and there is no advance in price because of this amazing offer.

Fill in the coupon below and send it along to us—then sit back and wait for the mail man to put into your hands the exerciser, the course of instructions and once a month for 12 months your copy of "STRENGTH."

When you fill in this coupon you will take the first step on the road to a strong body. Everybody envies a brawny man and you can step into this class by using this cable. The course of exercises is scientifically planned and will develop certain muscles first and others later, when they are ready for it. This system insures rapid and wise muscle development that will show outwardly in a few weeks' time. This wonderful cable exerciser and the accompanying course will be a permanent subscription to good health and a powerful body. Where else can you get so much for so little money. This offer is the talk of the physical culture world.

HOW CAN YOU DO IT?

Everybody asks this question when they see our cable exerciser. It is very sturdy—made of five strong elastic cables with black japanned grips; strongly made cable-end holders and nickel cable couplings. The course, written in the simplest language, tells you exactly how to use this unique muscle developer.

STRENGTH magazine has not been cheapened because of this wonderful offer. It still remains a he-man magazine for red blooded men and women who are anxious to develop handsome bodies and fine muscles. Every month there are several articles about nationally known strong men and features telling how to build muscle. There are suggestions for improving health and the magazine is full of photographs of men who have magnificently developed bodies and an abundance of strength.

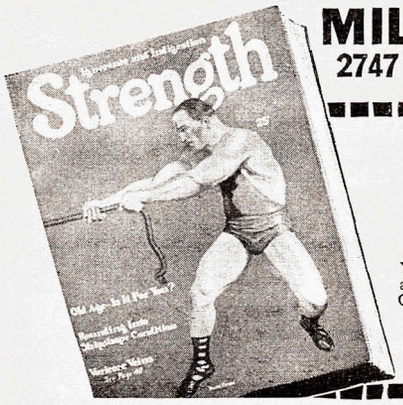
THE LADIES ARE NOT OVERLOOKED IN THIS WELL-EDITED MAGAZINE

Many helpful suggestions are included for building up health and improving the figure. In fact women enjoy this magazine as well as men. Aside from these interesting articles, there are a number of real live sports stories which emphasize the value of a strong body. You will be interested in STRENGTH from the first word on and like most of our readers will look forward to receiving your copy every month.

Every week we receive hundreds of letters from all over the world asking for our cable exerciser. Prominent figures in the sporting world are subscribing because they find many helpful suggestions in STRENGTH. Sportsmen, athletes, and strongmen, all have joined the roll call. Don't delay any longer.

$2.50 COVERS EVERYTHING—INCLUDING ALL MAILING COSTS

Fill in the coupon, return it to us and receive your exerciser, and every month for 12 months the mail man will bring you this wonderful magazine.



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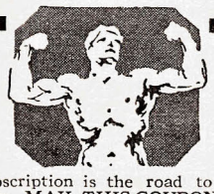

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Drink Your Way *to* Health!

THROUGH the ages milk has been the great builder of sturdy races. It has come to the aid of the weak and the ailing, and it has made of them men and women fit to face life's hardships. It has added years to their lives—it has given them more life while they lived.

Milk possesses energy-building powers greater, perhaps, than any other substance in the world. It brings quick re-enforcements of red, tissue-building, disease-fighting blood to the weakened body and gives it the power to overcome practically any ailment.

The Miracle of Milk

By BERNARR MACFADDEN

SOME time ago PHYSICAL CULTURE Magazine printed an article on the Milk Diet that aroused universal interest and brought down upon us an avalanche of letters, urgently requesting further and more detailed information.

We knew of just one man who was qualified to supply this information in proper form for home treatment. That was Mr. Bernarr Macfadden himself, who has had the opportunity through his connection with The International Health Resort to personally study thousands of cases where the milk diet had been administered. He consented to write upon the subject and the result is a book that we are proud indeed to be able to supply as coming from the printing presses of The Macfadden Publications, Inc.

Simply written, easily carried out, with a marvelous depth of wisdom born of the widest kind of experience, the instructions tell you just what to do, what not to do, what to watch out for, everything in fact that you could possibly need to know in order to get the last vestige of physical benefit from the exclusive milk regimen.

Milk—the master healer!

How does milk cure? Milk cures only because it furnishes elements which are badly needed to make new blood. Milk is an easily digested and assimilated food containing ample amounts of all substances required for growth of tissues and organs, and repair of worn-out cells. When taking milk one does not have to worry about combinations or whether this element or that element is being supplied. They are all there in the milk, in living organic form, and the sick body uses them to the best of its ability.

There is no chronic disease in which the exclusive milk diet cannot be used. It has long been the standby in wasting diseases, but it should be employed in all chronic ailments of whatever nature. The person who knows how to use the milk diet has a regimen at hand that can be used in any form of acute and chronic ailment, and even should necessity in disease never arise, a few weeks of milk diet every year will keep any one well, give renewed energy, greater resistance to disease, a cleaner complexion and a better feeling of bodily comfort than any spring tonic or blood purifier ever compounded.

Send No Money

We want you to personally examine The Miracle of Milk and see for yourself the remarkable benefits you can derive from it. All that is necessary is to sign the coupon and mail it to us. You need not send us a single penny in order to have the course mailed to you, and you need not keep it after it reaches you unless you agree with us that the information it gives is worth many times the amount charged—$2.00. If you do not wish to keep it, return it in good condition within five days after receipt and your money will be promptly refunded.

SEND THIS COUPON

MACFADDEN PUBLICATIONS, Inc.,
Dept. 5, Macfadden Building, 1926 Broadway,
New York City

I am interested in The Miracle of Milk. Please mail me a copy and I will pay the postman $2.00 plus delivery charges, upon receipt of the course. It is fully understood, however, that if I do not feel that the book is worth much more than the price charged, I may return it in perfect condition within five days after I receive it and my money will be refunded immediately and without question.

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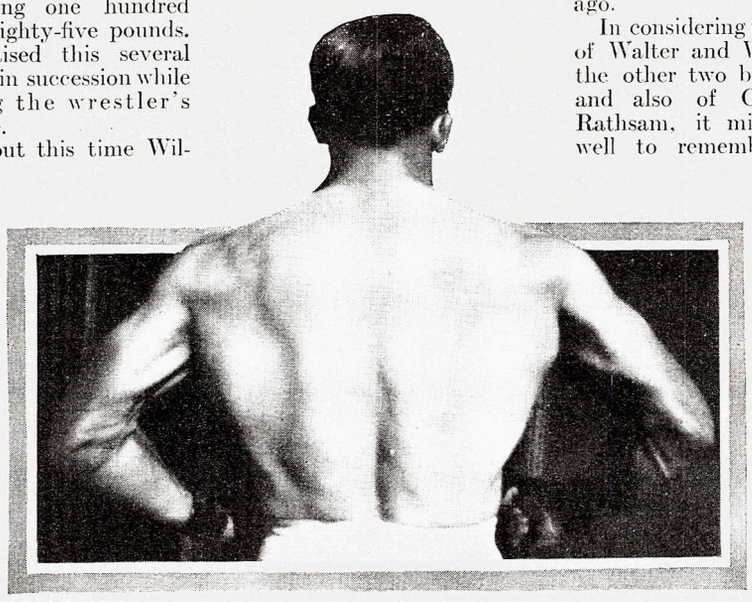
(*Continued from page 96*)

head of the nail, took this between his teeth, bent it back and forth several times, and it was broken in half. For those who are not familiar with the sizes of spikes, it might be well to add that an eighty-penny spike is eight inches long, nearly three-eights of an inch in diameter—about five-sixteenths of an inch, to be exact.

Walter then proceeded to do a wrestler's bridge, at the same time pushing aloft a bar-bell weighing one hundred and eighty-five pounds. He raised this several times in succession while doing the wrestler's bridge.

About this time William did a back-lift of twenty-one hundred pounds. He lifted this several times while trying to get it properly balanced, and finally lifted the entire weight clear of the trestles on which it rested. There was no room for doubt as to the correctness of the weight, as the platform which carried it was loaded with large bags of crushed stone. An attempt to lift one of these convinced the writer.



Here's the back that allows Harry L. Good to do his remarkable feats of strength

THE other lads then spoke up for William, saying that in their public performance William had lifted twenty-three hundred pounds in this same manner, the load however in this instance being people from the audience. Those familiar with this method of lifting will understand that it is even harder to lift human beings than to lift dead weight, because it necessitates balancing the load. To top off his evening's work, William then juggled a forty-pound kettle bell in each hand about ten times, and then on a dead weight lift brought four hundred and five pounds up to his waist.

Harry again stepped into the limelight by stretching out flat on his back on the floor and permitting Clarence to jump down on his abdomen from a height of about four feet. He also allowed Clarence to strike him four times in the abdomen just about as hard as he could swing. This only stopped at four times because Clarence broke the skin open across his knuckles with the fourth swing.

There seemed to be no end of things they could do—and as time was slipping by rapidly, I tried to ascertain their methods of attaining all this great strength. They replied that they had no particular method: it was simply a matter of getting a goal and then working hard to attain that goal. I questioned them as to what prompted them to start this special development of their bodies, and Harry spoke up for the quartet saying that he first became interested in physical culture about five years ago.

In considering the case of Walter and William, the other two brothers, and also of Clarence Rathsam, it might be well to remember the ages of these lads and the fact that they have been at it only since the spring of 1927, after seeing the wonderful success that Harry was having. Again it might be well to add that these boys are very modest, and are not bragging about their accomplishments; in fact, the writer found it difficult to get them to talk at all, Harry speaking for the entire group.

Perhaps you may find that none of the feats mentioned in this article are really exceptional. I dropped in on the boys by surprise, and they did not try to break any records striving only to please me. All of these feats were performed in their street clothes and without any previous preparation.

The only way to sum up the whole story is to say that it is not necessary to have any particular formula to become strong. Once the idea has become firmly rooted in your mind, concentrate on that one subject, lead a clean life, eat sensibly, and work hard. It must be understood that these lads have not yet reached the zenith of their careers, that they still have a wonderful chance for development.

The detail of all these different feats is just what their practices have been like, and shows what they have obtained by it.

There is no doubt but that others can do likewise by following in the footsteps of these lads, even as the two brothers and the neighbor followed the foot-steps of the pioneer, Harry L. Good.

THE DAWN OF A NEW DAY

IN MOTION PICTURE ENTERTAINMENT

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Gentlemen:

Being one of the many millions who read TRUE STORY MAGAZINE, I too want to add my sentiments that I will anxiously await the showing of the first TRUE STORY PICTURE to be made by F. B. O.

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Changed the Lives of Two Young People

"I would never have met him had it not been for a volume of Macfadden's Encyclopedia lying there on the table.

"His mother complained of insomnia, so I took my volume to her to read. She kept reading and reading—the more she read the more enthused she became. Finally she announced that she must have a set of her own. So her son, Erwin, wrote out the necessary order to obtain the books.

"Erwin and I had hardly seen each other before that day. He was working in the country and I going to Teachers' College, where I was active in student body affairs.

"That day at his mothers' house Erwin and I talked about Physical Culture and I learned that he was an enthusiast, as I was myself. After that day we saw more and more of each other until one day I went to college with a diamond on a finger of my left hand. As soon as I graduated we were married. That was a year and a half ago. My husband is now thirty and I am twenty-two and we have a darling baby girl just five months old. And there is something very unusual about us. WE ARE HAPPY.

"Since my mother would not part with her set of books and Erwin's mother read hers every day it was up to us to purchase a set of our own, which we did. (That makes three sets of these books in one family circle.) I taught my rural school up to the fourth month before Maybelle Irene came. I was teacher, principal, supervisor, music and art teacher, all in one.

"Daily I consult my Encyclopedia—volume 5 on the care of the baby and volume 1 on foods and their preparation. It is my Bible and I am going to raise my daughter according to its standards. Most books on health are not practical but I am recommending Macfadden's Encyclopedia to all my friends. We are happy and healthy. The secret? The Encyclopedia."

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¶ *What the Modern Girl Should Know*

Continued from page 41

for the future—a glorious, happy future.

You have day-dreams in which you do the things you would like to do and see yourself the radiant person you want to be.

Your creative mental faculties are awakening.

Romance plays a large part in these day-dreams.

You picture to yourself an ideal lover, whose first glance betrays to you the fact that he is the mate you have been looking for.

YOU may not be aware that you are seeking your mate, but that is the real meaning of these unspoken longings which fill your heart.

You are entering the most important period of life—the mating period—as your physical, mental and emotional unfoldment indicates.

You have at this time new emotional experiences.

Your interest in the opposite sex has deepened, has become a more vital part of your life.

You think about them constantly. Your conversation centers around them. You are stimulated to greater vivacity and coquettishness by the presence of one or more of them.

This attraction seems to be mutual, and any social gathering of young people quickly finds itself divided up into pairs.

There are new physical experiences in this association. If your hands chance to touch, there is an electric thrill which passes up your nerves such as you never experienced before. You wonder if this can be love. The glances that you interchange have a similar effect.

You do not quite understand the meaning of this and so you are anxious to experiment.

From an accidental touching of the hands comes a lingering handclasp which gives you a still stronger thrill.

Your heart begins to beat a little more rapidly. You are beginning to be quite sure that this is going to develop into love.

The next time you two linger in some romantic spot, his arm goes about your waist and you feel yourself drawn into a closer embrace. You resist, it may be, and yet at the same time you feel inclined to yield. Then comes the first kiss and you know at last that you have found love. Yet it may not be love at all.

You have given yourself up to sex-attraction, which is a predominant factor at this period of your life.

IT is quite likely that you may discover for yourself a little later that this is not after all lasting love.

As you become better acquainted with the young man, your judgment begins to work; your critical faculties begin to tear him to pieces and you find that he is not at all the sort of man you could care for throughout your whole life.

Eventually, there comes a quarrel for some unimportant reason—and your little romance is over.

You do not give up your search for a mate, however. Consciously or unconsciously, you continue to look into the eyes of every man to discover if there is a message there of great import to you. He, also, is looking for his mate, searching your eyes for an answering glance.

Not knowing how to differentiate between sex-attraction, which exists between all men and women in the mating period, and that deep, true and abiding love, which belongs only to two souls suited to combine into one completed human being, you may continue to enter into fleeting attachments.

You may be perfectly serious in these passing romances or you may have reached the attitude of mind that seems to hold sway over the minds of so many of the young people of the present time. They are coming to look upon love as a sort of game which may be played at this period of life.

You expect every young man of your acquaintance to make love to you. You lead him on, perhaps, just for the fun of the sport. You see no reason why you should not allow him little familiarities that you feel would have no serious consequences. You join with the others of your group in having "petting parties," and because you and your friends are indulging in this form of procedure together you see no harm in it. It's quite the thing, and you feel that you would look foolishly priggish and very unsophisticated if you protested against anything of this sort or refused to allow yourself to be drawn into it.

WHAT is the meaning—the real meaning—of this alluring glance, this overpowering sex-attraction, these thrills that give so much keen enjoyment? Why do these things exist in our lives if not for our personal enjoyment?

Without doubt this is the unspoken thought in your mind.

You are right in thinking there is a meaning to all these experiences and a purpose to justify their existence.

Let us search for that meaning and that purpose.

The fact is, that two things are essential to the continued manifestation of life upon this physical plane. One is the continuation of the life of the individual, the other is the continuation of the life of the race.

In order that the life of the individual may be sustained, continual nourishment is needed by the body.

If the getting of food were left solely as a duty to the human race, there are many, without any doubt, who would consider it too great a burden to fulfill that obligation. They would neglect to feed their bodies just as today they neglect to care for them in other ways.

A wise Creator has foreseen that mankind would not properly fulfill this obligation if it were left simply and solely as a duty. So he has caused the satisfying of the body's hunger to be a source of individual gratification. We all enjoy eating a good meal.

We are willing to undergo some exercise each day in order to secure the physi-

cal pleasure of eating. It adds very much to the pleasure of living that we can look forward to enjoying three times a day the pleasures of the sense of taste. Rightly controlled the appetite for food becomes a source of enjoyment throughout life.

It is possible, however, to allow the enjoyment of food to hold too important a place in one's consciousness. There are people who give themselves up without control to the pleasure of the sense of taste. They pander to it. They think constantly of how they can derive continued pleasure from its use. They become slaves to the sense of taste.

For a time they derive much pleasure from this unrestrained following of their desires. There comes a time, however, when their disregard of the laws which govern their bodily organism brings its own retribution.

You meet these people in all walks of life; chronic dyspeptics, invalids of one kind or another, forced to live on restricted diet, if they would live at all.

They sought the pleasures of the senses and they are now paying the price.

Yet it is right and wise that the satisfaction of the hunger for food should bring enjoyment to the human race. Those of us who are wise enough ever to keep in mind the purpose of eating, which is that of building up and restoring bodily tissue, and who govern our enjoyment of food by that purpose, have reason throughout the whole of life to render thanks to the beneficent Providence who gave this added joy of living.

IN order that the life of the race shall be continued, it is necessary that two human beings—a man and a woman—shall be drawn to unite their lives, establish a home and call other human beings into it.

To bestow life means to give up a portion of life. In order to follow the instinct for continuing the life of the race we must go directly contrary to the instinct for self-preservation.

To call other human beings into existence means to take upon ourselves responsibilities which call for continued self-sacrifice throughout a long period of years.

The force which is strong enough to cause human beings to go contrary to their instinct for self-preservation and to take upon themselves years of self-sacrifice, must be a compelling force and it must have associated with it pleasures, which shall contribute their added power to lead human beings into the necessary line of conduct.

Therefore, during the mating period of life, sex-attraction becomes the most compelling force in the human consciousness. Fortunately for the human race, the most powerful instincts and impulses lie deeply buried in the consciousness, unnoted as long as they are left undisturbed. From these explosive centres of overpowering impulses, however, are extended pathways of communication with the outer consciousness of life. These pathways of communication are like fuses leading from the explosive centres to the surface of consciousness.

The deepest, most abiding joys of life come from the exercise of the creative powers. The gratification of the

Magic Blanket Makes You Feel, Look and Sleep Better

New, easy way to health, beauty and energy brings amazing results—use coupon below

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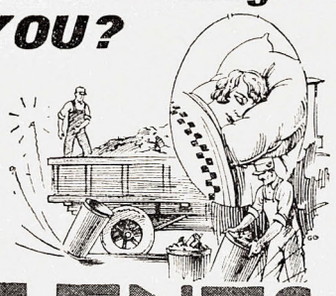

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hunger for seeing one's life reproduced in other lives is a joy that knows no equal. The love that springs up in the heart for the little human replicas of one's self and that pours itself forth in the continual giving of self brings a divine joy that can be experienced in no other way.

Every expression of love and of sex-attraction has its own lesser pleasure associated with it, and this is all a part of the plan of the wise Creator who leads human beings into the expression of that portion of themselves which most resembles Himself; namely, the creative power.

To give yourself up to the seeking after the pleasure of the senses means to go contrary to the laws of our own being and brings an inevitable retribution in its wake.

There are those who indulge in playing at love, for example. In this freedom of association, in "petting parties," or alone, they eventually reach a state of satiety where such things have no meaning for them; and, if eventually a great love comes into their lives and they long to pour forth its fullest expression, they find that these sacred demonstrations of love have been made so common in their lives that they have nothing worth while to offer. They have thrown away their most precious treasure, and the richest joys of loving can never be theirs.

Unfortunately, there are many who enter into the game of playing at love only to find that they have been playing with fire. Danger lurks in the so-called innocent familiarities. They waste the most precious thing in life.

Many young people of the present time seem to be more or less imbued with the idea that they have a right to live their own lives, to follow their own inclinations, to establish their own standards of conduct.

THEY may, it is true, follow their own ideas in these matters, but they cannot escape the inevitable consequences of their transgression of laws which have been written, not alone upon tablets of stone, but in the very structure of their bodies.

In my article next month I am going to take up some still more important matters, not only connected with sex psychology and behavior, but also relating to the consequences of mistakes and the dangers of infection by dreaded diseases. All this becomes very important because of the recent increasing laxity of conduct among young people. In short, my next article will deal very plainly with problems and situations which the young women of today so often encounter.

¶ *How to Treat Cancer*

Continued from page 58

the vessels that enter them are smaller than the ones that leave them. This is Nature's wise provision for catching and preventing the dissemination of foreign material.

EXTERNAL recurrence is less frequent following the removal of skin cancer by surgery than it is following operation for breast cancer. Why? This is probably due to the fact that very much less injury is done the surrounding tissues during the operation. Skin cancer forms only three per cent. of all cancer. It is the only form of cancer for which surgeons claim a reduction in mortality during the past fifteen years. The mortality is rapidly increasing for all other types of cancer. The total increase during the past fifteen years is given by the Metropolitan Life Insurance Company as 47 per cent. for males and 21 per cent. for females. The greatest increase has been for cancer of the intestines, 60 per cent. of which has been from growths above the rectum.

It is most fortunate for cancer sufferers that most cancerous growths are internal and not of easy access for operation. Life is usually very brief after operation for cancer of the stomach. Moreover, most internal cancers are less painful than external ones. They are not so likely to produce pressure on sensory nerves.

Some one asks, "Why is the return sometimes delayed for years? Why is the return so often in a part of the body remote from the original growth? And how do you account for the fact that in a few cases there is no return even after many years have elapsed?" To me the reasons are quite clear.

In the first place, it is probable that in the cases of long delayed return there were no other areas of stagnation at the time of operation, that the disease was of a low degree of malignancy, or that the operation was performed skilfully with but little injury to the surrounding tissues. In the second place, although the cancer toxin was still in the body, the natural immunity processes were efficient until such time as a new area of stagnation was produced. And lastly, it is quite probable that a change in the living habits of those that experienced no return enabled the natural protective forces to convert the cancer toxin into harmless substances, and thus a spontaneous cure was accomplished.

THE lesson to be learned from the actual results obtained by surgeons in the treatment of cancer is that neither the knife, nor any of its substitutes, is a cure for cancer. A brief respite from pain due to pressure on, or the involvement of, sensory nerves, and a temporary removal of an unsightly mass or ulcer, seems to be all that can be hoped for from surgery in the treatment of cancer.

Only brief mention can be made of the two newer treatments for cancer endorsed by orthodox medicine. Neither X-ray nor radium is more successful than surgery in the cure of cancer. In fact, either is able to produce skin cancer. Either can do damage to deep-lying tissues. The medical application of either is nearly always followed by symptoms of toxemia, such as headache, nausea, vomiting, and weakness. Sometimes the toxic symptoms are delayed for weeks.

These rays have a pronounced detri-

mental effect on the blood. The number of red cells, the number of white cells, and the number of blood platelets, is reduced. The hemoglobin is reduced. Not only is the number of polynuclear cells, the ever vigilant police of the body against bacteria, reduced, but according to Luckisch and Pacini their power to devour bacteria is reduced to one-fifth that of normal cells. These changes in the blood increase the hazard of death from an intercurrent infection and interfere with the immunity processes against the cancer toxin.

Quite recently, Sir Humphrey Rolleston has directed attention to the seriousness of the delayed constitutional symptoms of X-ray intoxication or radio toxemia. These are fortunately not common. They consist of uncontrollable vomiting, fever, sometimes accompanied with offensive diarrhea and the passage of blood, abdominal pain, and progressive heart failure. The issue may be fatal. Rolleston says that while these grave symptoms are more likely to follow radiation of the abdomen, they may occur after radiation of large tumors in the neck or in the mammary region.

TWO such cases have come under the observation of the writer. One followed radiation of the breast with X-rays, the other, radiation of the cervix with radium. In both cases the onset of these severe symptoms was delayed several months, and both cases died soon thereafter. These radiation agencies, like the knife, should be shunned. Any agency that injures tissues or the blood cells hinders the normal functioning of the body's natural immunizing processes, and tends to favor recurrence.

Having discussed "how not to cure cancer," let us turn our attention to "how to cure cancer." The requisites for the successful cure of cancer are: First, an understanding of the constitutional nature of the disease, of its chemistry and of the immunizing processes of the body. The next requirement is the ability to recognize and interpret danger signals—the symptoms of the pretumor stage of cancer. The third essential is a knowledge of physical culture methods of detoxication and reconstruction through diet, elimination, and exercise. And the fourth is, an intelligent conception of the medical means that may be employed as aids in the stimulation and perpetuation of the natural immunizing processes.

The first of these requisites was presented last month in our paper on how to avoid cancer.

What are some of the symptoms that are warning signals to look out for cancer? First, quasi-rheumatic and neuritic pains. These may be in parts of the body remote from the nidus of the developing cancer tumor. Neuritis of the shoulder and arm often proceeds a cancer of the breast by many weeks or months. A sciatica that does not have any discoverable cause, or that does not promptly yield to treatment, should make one suspect the presence of an internal cancer. Among the symptoms of general toxemia that should make one think of cancer are. Severe headaches, insomnia, mental depression, irritability, hyperexcitability of muscles, abnormal reflexes, defective

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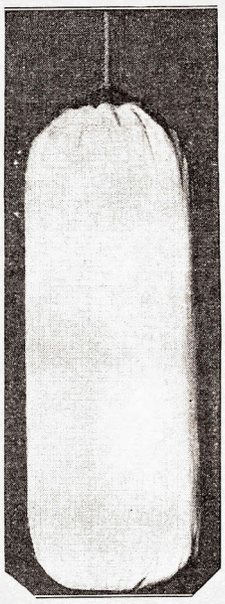

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So writes Mr. Pius Francis Stamp who is pictured here. He lives in St. Johns, Newfoundland, and the books he tells about are fully described on the first page in the front of this issue. Turn now to it and learn how to obtain these great books on easy payment plan.

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co-ordination, and visual disturbances. Certain changes in the skin may be danger signals: slight jaundice, pigmented areas, cranberry moles, and areas of hyperemia. Gastro-intestinal disturbances, pronounced weakness, and anemia are early symptoms of cancer.

OTHER early danger signals may be discovered by special laboratory tests of the blood, urine, stomach contents, and feces. Any medical physician, competent to treat cancer, must be aware of these danger signals. [Editor's note: If any physician who reads this, wishes the benefit of Doctor Folkmar's experience with cancer diagnosis, she will be only too glad to supply what information she has on the literature of this subject. Write Doctor Folkmar, in care of Physical Culture Magazine, or direct.]

The symptoms usually given in text books for cancer are those for an advanced stage of the disease. Among these are: the presence of a tumor or ulcer; hemorrhage or unusual, frequent, foul discharge from a cavity of the body; loss of appetite with vomiting, jaundice, anemia; loss of weight; cachexia; obstruction of the bowel; swelling of a limb, and severe pain. Pain is usually absent in the early stages of cancer, and is often absent even in the late stages of internal cancer.

Space forbids being specific as to the special danger signals for different types of cancer. But, since cancer of the stomach takes a higher toll of life than any other form of the disease, its danger signals will be given in brief. One of the first symptoms of which patients with cancer of the stomach complain is loss of "pep," of weakness, of anemia. Another is acid eructations after meals. These may be accompanied with a feeling of discomfort in the region of the stomach. The appetite is diminished and there may be a distaste for certain foods, especially meats. An examination of the stomach contents after a test meal may show diminished free hydrochloric acid and the presence of red blood cells and of lactic acid. Blood may also be found in the stool. Dyspepsia, plus weakness, plus anemia, should make one think of cancer. Add to this a diminished free hydrochloric acid and the presence of blood or lactic acid in the stomach contents, and a tentative diagnosis of cancer should be made. If these findings are coupled with a family history of either tuberculosis or cancer, or with a personal history of constipation, gastric ulcer and bad living habits, a positive diagnosis of cancer is warranted.

FOR the early stages of the disease, neither a radiograph nor an exploratory operation would be of value, since both of these means of diagnosis depend on the presence of gross tissue changes, changes that are late manifestations of the disease. To wait for the testimony of these would be to wait too long. The cure of cancer depends on its diagnosis in an early stage.

A diagnosis having been made, what is the treatment? The general treatment, like that outlined for the avoidance of cancer, consists in diet, elimination, and exercise—key notes of physical culture.

It is well to begin the treatment with a ten days' detoxication regimen. This consists of a diet limited to fruit juices and vegetable liquors.

Use subacid fruits such as apples, pears, melons and raspberries. The juice can be expressed from the fruit by a press, or the fruit may be cut into pieces and run through a meat grinder. Water may then be added and the juice squeezed out through a piece of cheesecloth, and the juice from fruits stewed without sugar may be used. For the vegetable liquors, use green vegetables, such as peas (both pods and seeds), string beans, celery tops, broccoli, kale, kohlrabi, and beet tops.

To make the liquor, chop up the vegetables selected, or run them through a meat grinder. Add water and boil for a few minutes. Then drain off the liquor and flavor with butter.

TUBERS, such as carrots, turnips, and ruta bagas, may also be used in making vegetable liquor.

One quart of fresh fruit juice and one quart of vegetable liquor make a good day's feeding during the detoxication period. The colon should be flushed out twice daily, and daily exercise should be taken in the open air.

Following the detoxication period, which may be extended to three or four weeks on proper medical advice, the general suggestions for diet for the avoidance of cancer should be observed. Use plenty of raw vegetables and fruits rich in vitamin A, milk, cream and butter, codliver oil, liver, and egg yolk, including fish roe. Cereals and potatoes, while poor in vitamin A, are rich, when used whole, in the mineral salts necessary to give the alkaline bases for normal metabolism. The water from stewed potato peelings should be drunk. The liquor from cooked vegetables may be used in generous quantity.

The very green leaves of lettuce and celery should be eaten in preference to the blanched ones. The green chlorophyl of leaves and of the fruit pods of vegetables is the hemoglobin of the plant. Tubers that have a colored flesh, like beets, carrots and ruta bagas, are to be preferred to those that have a white flesh. Liquor from soaked bran, oatmeal and other cereal coverings, may be prescribed.

Foods rich in protein should be avoided. A diet rich in lean meat, for instance, will result in intestinal putrefaction. The absorption of the toxins resulting from the processes of putrefaction produces symptoms of poisoning, lays the foundation for cancer, and promotes the growth of malignant tumors.

Very little protein is necessary to maintain health. Hindhede, Commissioner of Health for Denmark, has demonstrated by experiments on men, not rats, over long periods of time, months to years, that a protein balance is secured on twenty-three grains of digestible protein daily. He found that it is possible to maintain health and increase endurance on a diet composed exclusively of potatoes, of whole wheat or of whole rye, combined with vegetable margarine. Fats are not essential as a food, but the fat vitamines are. The margarines supplied the fat vitamines. All green vegetables contain fat soluble vitamines.

In 1917 Denmark faced a famine because of drought which reduced the home production of grain over one-fourth, and because of the embargo maintained by the Allies against the importation of foodstuffs. The total available supply of grain was reduced from one hundred and four million bushels to thirty-two million bushels. This desperate situation was successfully met by Hindhede.

Formerly, much of the grain had been used to feed the pigs and cows and in the manufacture of distilled liquor. Hindhede adopted measures for conserving all the grain for human food. The pigs were killed. The bran formerly fed the cows was mixed in equal quantity with whole rye for the manufacture of bread, and tons of grain were taken from the distillers and made into bread. This left the people without meat, with little milk, and without brandy, whiskey, or coffee. Nevertheless, the health of the people of the country improved. The eating of the "pig and hen food" caused the doctors to lose their business, and the death rate to fall to the lowest point of any European people at any time. "A word to the wise is sufficient."

Another principle to be observed in the selection of food for the cancerous is to choose foods that aid in the relief of areas of stagnation, as, for example, constipation.

Are there any medical means that may be employed in the cure of cancer and the relief of the sufferers? Many have been recommended, tried, and found wanting. Among these is the use of poisonous substances such as arsenic, colloidal gold, and colloidal lead. Some physicians combine with the diet treatment the use of such drugs as podophyllum and potassium. Some make use of the dessicated substances of certain endocrine glands, especially thyroid. Some are employing electronic medicine.

Among the foremost in America who have contributed to the medical literature on the constitutional treatment of cancer are Doctor L. Duncan Bulkley, Doctor E. M. Perdue, and Doctor Wm. F. Koch. A number of scientists, both in America and in Europe, are studying cancer as a problem of biophysics and biochemistry, and their findings are being awaited with interest. At the present time, the toxin converter of Koch is attracting attention. This is a synthetic chemical product which, when injected into the subcutaneous tissue, acts as a stimulant and adjuvant to the natural processes of immunization called into play by the reaction of the affected cells to the cancer toxin. Under certain conditions of autointoxication these processes are unable unaided to cope with the cancer toxin. In the experience of the writer the toxin converter is a valuable aid in the treatment of internal cancer.

THE first requisite for the cure of cancer is an early diagnosis, a diagnosis based on chemistry and physiology rather than on cell pathology.

The second is the adoption of and adherence to the "diet-elimination-exercise" regimen.

The third is the employment of such medical aids as the investigations of science have indicated, and the experience of physicians has proven efficient.

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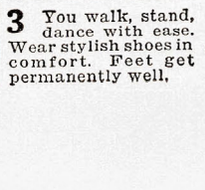

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We feel sure her health, and good luck has all been due to your Encyclopedia and the good sound sense in using them as you have directed.

My husband is a man eighty years old, and is strong and healthy and we expect to live many years yet. We take our walks each day and do lots of hard work. I can do as large a washing and work all day as well as I could at fifty."

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As a rule, the progress toward recovery with a constitutional treatment for cancer is slow but very definite. The time required to effect a cure is from six months to two years. The percentage of cures for cases diagnosed on general symptoms is large, but small for cases suffering from advanced cancer.

Much of the suffering of cancer patients is relieved by the "diet-elimination-exercise" regimen. This is especially true of the general symptoms, such as headache, rheumatic and neuritic pains, insomnia, mental depression, and weakness. For the cases diagnosed early, there is rarely any need for narcotics and sedatives. The toxin converter has proven in the hands of a number of physicians a valuable agent for the relief of suffering.

THE problem of relief from suffering due to advanced cancer, especially of the breast or neck or in the pelvis, where a tumor may involve sensory nerves or may produce pressure on a sensory nerve, is a more difficult one. Detoxication will help some. The application of heat may give temporary relief. Deep therapy and infra-red lamps may be used to increase the circulation and give relief for tumors near the surface. Diathermy is valuable for the relief of pain due to adhesions. The cases that suffer great pain are usually those that are too far advanced to be materially helped by any method of treatment. These are the ones for whom narcotics are prescribed during the terminal weeks. Either the diagnosis was made too late, or the proper treatment was not instituted in time for relief.

Read, in June PHYSICAL CULTURE, *the story of Mrs. Johanna Brandt, who claims to have cured herself of cancer by a discovery of her own. Her secret will appear in next month's issue. Don't fail to read it!*

¶ *The Age of Discovery*

Continued from page 45

in scores of thousands of wounds that otherwise might have seriously menaced life or limb. Even the mothers of the civilized world, when little Johnny or Margaret "barks the skin off" their knee, or cuts a finger, hurries for the H 2 O2 or the iodine bottle, because they aren't taking any chances with infection of any sort.

So today the antiseptic is probably the principal item in every "first-aid" outfit, in home, factory, Boy or Girl Scout camp, or wherever two or more gather together, especially where they engage in an undertaking in which the bag we are wrapped in may be cut, burned, bruised, or injured so as to permit the entrance into the blood stream or into the tissues, these infinitely little enemies that constantly menace our existence.

HOWEVER, the thing that makes it possible for physiologists and pathologists to label these bugs and plants and tell the world where the bad ones get on and get off, is the microscope—one of the most important scientific discoveries ever made.

What Galileo's telescope has done to give us a glimpse of the limitless firmament in astronomy, the microscope has done to familiarize us with the infinitely small in the physical world. The importance of the knowledge thus gained cannot be over-estimated. For this information, wrested from the otherwise invisible world by means of a beam of light directed through a lens, has given us to understand the processes by which malaria, yellow fever, typhoid and typhus, hook-worm disease, sleeping sickness, and scores of other infectious, contagious or germ-borne disorders, are acquired. In many instances it has also indicated methods of treatment or prevention, which will go far in time; and with the general spread of scientific knowledge, it will help to stamp these particular diseases out of existence.

The earliest of all microscopists was a learned Jesuit priest, by name Athanasius Kircher, who lived in Germany from 1602 to 1680. Father Kircher was a remarkable man. He was a mathematician, physicist, optician, Orientalist, musician and virtuoso, as well as a medical man of no little attainments. In this capacity Father Kircher was probably the first ever to employ the microscope in investigation of the causes of disease.

His were the original experiments on the nature of putrefaction, showing how maggots and other living creatures are developed in matter undergoing decay. He also reported the blood of plague victims as full of "worms," invisible to the naked eye, but plainly seen under magnification.

HOWEVER, it was Antonj van Leeuwenhoeck, an easy-going dilletante scientist, who inherited a flock of breweries in Holland, somewhere between the years of 1632 and 1723, whose name is most closely identified with the development of this new science of microscopy.

Leeuwenhoeck was bitten early and often by the bug of enthusiasm. He owned some 247 microscopes and 419 lenses, most of which he ground himself, and was continually making presents of instruments to scientific societies of various kinds.

The Dutch microscopist was the first man to describe the spermatozoa; the first to give a complete account of the red blood corpuscle; the first to point out the striped character of voluntary muscular fiber; the first to see protozoa—the lowest of all forms of animal life—under the microscope.

What an experience it must have been for this old enthusiast to have been the first human being ever to gaze on his remote second cousins, the single cell or simply modified organisms from which have developed every form of animal life on this globe! Columbus, Magellan, Captain Cook, and Stanley were piker discoverers, compared with this individual favored of the gods.

Leeuwenhoeck was also privileged to be the first man to find micro-organism in the teeth, giving at that time (1683)

accurate figurations of bacterial chains and clumps, now familiar to every boy and girl in grammar school. Also he first demonstrated the anastomosis, or joining, between the capillaries of the arteries and the veins, which work completed and rounded out the labors of Harvey in accurately describing the circulation of the blood. A giant mind was Leeuwenhoeck, one of the pioneers who made possible the science of physiology.

Greatest of all the microscopists, however, was Marcello Malpighi (1628-1694). Malpighi was the founder of histology—the science that treats of the microscopic structure of the tissues—and without which we could have no accurate knowledge of the physiological functions of any of the organs of the body.

TO enumerate all the various original discoveries of Malpighi would require a volume in itself. Starting with the anatomy of the silk worm and the minute structure of plants, Malpighi created an epoch by his investigations into the embryology of a chick.

He showed just how, from day to day, the chick grew in its shell, and how its various little organs were developed from the most simple rudiments. It is this wonderful and fascinating science that disclosed to us the way in which we ourselves grow in the uterus—tracing again, as it were, our biological progress up from the single-celled organism, through the gill-breathing fish stage of our evolutionary life, until we finally arrive at the status of human beings.

The high lights of Malpighi's work, however, were in connection with the structure of the liver, spleen, and kidneys, and the physiological functions of these organs. So important were these discoveries that the name of Malpighi was bestowed upon upwards of a dozen histological structures, first discovered or first described by this illustrious Italian.

The Seventeenth and the early Eighteenth Centuries witnessed marvellous advances in increasing exact knowledge in physiology and in the art and science of healing. Some of these discoveries or developments have been of incalculable value in lengthening life and in relieving human suffering.

Not all, however, for on May 14, 1796 there was performed for the first time in occidental Europe, what is considered by most orthodox medical men to be an epoch-making operation. This operation consisted in inoculating the arm of a country boy, James Phipps, with putrescent matter from a milkmaid who had contracted cow-pox, and who was therefore, by old wives' country fable, supposed to be immune to small-pox.

Why this inoculation should render young Phipps any more immune than a couple of thousand other country boys who were not vaccinated, but who, nevertheless, and notwithstanding, did not contract small-pox, does not appear in the argument.

HOWEVER, around this question as to the value of this particular form of immunization there has raged a century and a half of controversy. And the end is not yet. Some of the greatest

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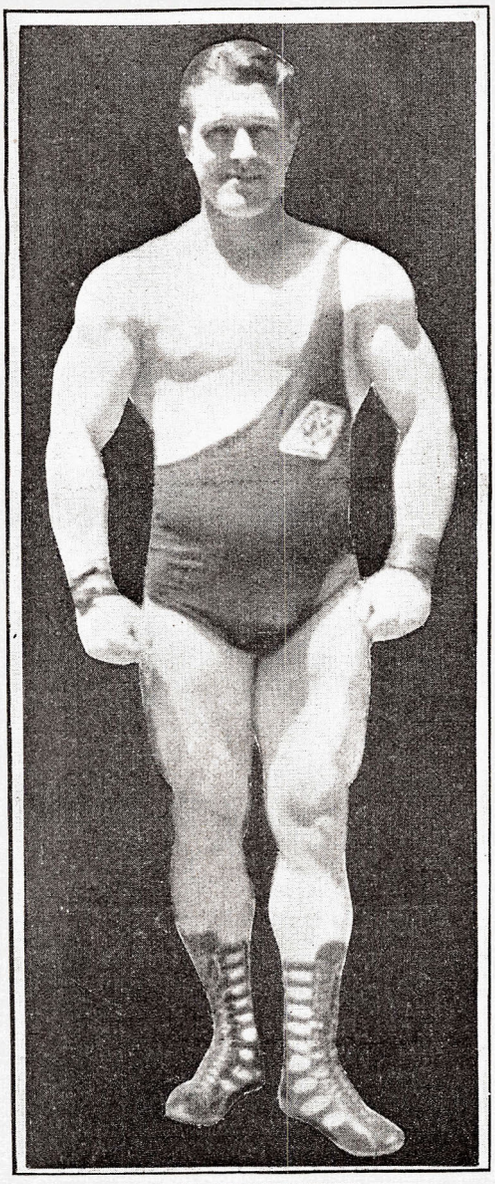

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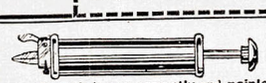

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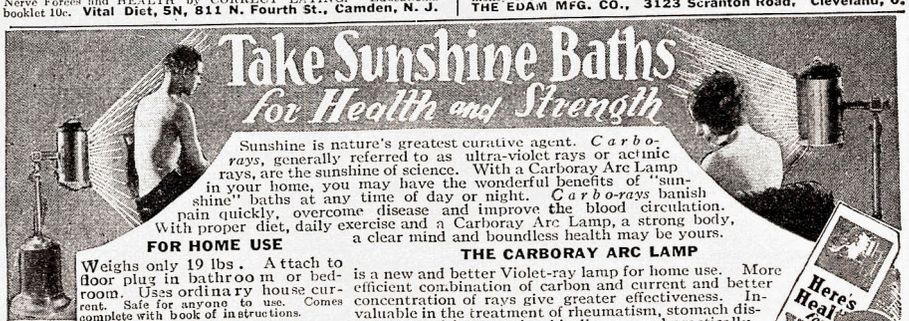

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(See Old at 23, p. 122; Catarrh, p. 135; Constipation, p. 115.)

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DR. F. H. GRIFFITH, Foot and Leg Specialist,
Suite 2153, Davidson Building, Kansas City, Mo.

minds of the past and the present generation have thundered and diatribed, bombarding one another's camp with mountains of statistics, proving that vaccination does or does not protect small-pox, depending upon which side of the argument they are aligned.

The present writer has read everything of importance on *both* sides of the question, over a period of thirty years, which is something that not one medical vaccination enthusiast in ten thousand has done. He has also lost two sisters—killed by vaccination—bright, lovely girls, just entering womanhood, with everything in the fair world to live for. Neither girl had ever known a sick day in her life. Yet, after vaccination, neither ever again knew a well day.

Successive crops of ulcers and abscesses sapped their vitality, and finally acute miliary tuberculosis (galloping consumption) set in. In a few brief months the flesh had melted from their bones, and Death stepped in and mercifully ended their gasping struggle for existence.

Some years afterwards the writer's father, the only member of the family foolish enough to permit the health authorities to vaccinate him, came down with an attack of confluent small-pox of the most virulent type, and nearly lost his life. This hale and phenomenally healthy old gentleman had had a beautiful "take" from his vaccination—his arm swelling almost to the size of his thigh, and turning a wonderfully interesting shade of bluish black. He came within an ace of losing this arm from vaccination.

YET, almost before the scab had healed and the arm was reduced again to normal size, he fought a grim battle for his life with the very disease his vaccination was supposed to prevent. It might, therefore, seem as though there *may* be some modicum of truth in the contention that "vaccination against small-pox is a dangerous practice—its reputed harmlessness an unmitigated lie."

In the matter of vivisection, however, there is a different story to tell. No doubt some of the earlier vivisectors were ferocious tigers masquerading as human beings. One in particular published some years ago, a series of reports describing in detail incredible cruelties practiced upon dogs, with a view of determining the amount of baking, broiling, bone-breaking, blood-letting, and maiming, a poor beast could suffer before merciful Death came to its relief.

Another shark-hearted hyena brought disgrace upon his profession in an effort to ascertain how much suffering it was necessary to inflict upon a mother collie before all evidences of affection for her little puppies would be obliterated. The particulars are nauseating. No punishment could be too severe for the criminals perpetrating these cruelties.

However, these brutes are held in contempt by all right-thinking medical men. They are classed as having homicidal tendencies, modern Caligulas and Borgias, who vented their lust for cruelty upon redressless and defenseless creatures—all in the fair name of science.

Science repudiates these demons and their infamous work—work which has brought her nothing but shame. Our modern vivisectors, our Pasteurs, Kochs, Flexners, and Carrols, are men of entirely different motives and character—high-minded, scholarly, humane, and altruistic—men who represent today the very best thought in the medical world.

Vivisection—or more properly, animal experimentation, as recognized by modern science—has given us a large part of our knowledge concerning the uses and toxicity of much of our materia medica.

It has indicated the paths to surgery of the brain and the internal organs. It has afforded us definite methods of dealing with septicemia, infantile paralysis, malaria, yellow fever, diphtheria, tetanus, tuberculosis, and many other germ diseases.

So great an authority as Doctor W. L. Trudeau has said: "Everything that we know today of the causes of tuberculosis, everything that has a direct bearing on the prevention and control of this disease, we owe to animal experimentation."

Animal experimentation has provided us with definite treatment for syphilis, plague, cholera, "sleeping sickness" "hook worm" disease, and other conditions which formerly received merely empirical attention.

It has enabled surgeons to transplant tissue, arteries, bones, and even organs. It has developed that wonderful technique which now makes it possible for a skilful operator to repair a laceration in the living, pulsing heart. It has even saved the animals themselves—millions of them—that formerly died of "hoof and mouth" disease, hog cholera, anthrax and other ailments. Pasteur's work with the silk worm has been worth uncounted millions to France.

It would require a volume to tell us all that animal experimentation has done to furnish mankind with accurate information concerning methods of treating the same. This is so obvious, that one can hardly discuss the subject academically. The report of the Royal Commission on Vivisection, made some years ago, gives the present status of the matter in a fair and impartial statement, and this after exhaustive examination.

They state that "Harrowing descriptions and illustrations of operations inflicted on animals are in many cases calculated to mislead, so far as they suggest that the animals in question were not under an anaesthetic. To represent that the animals subjected to experiments are wantonly tortured would, in our opinion, be absolutely false.

"That, notwithstanding failures, valuable knowledge has been acquired in regard to physiological processes and the causation of disease, and that useful methods for the prevention, cure, and treatment of certain disease have resulted from experimental investigation upon living animals.

"That, as far as we can judge, it is highly improbable that, without experiments made on animals, mankind would at the present time have been in possession of such knowledge."

In the broad sense perhaps knowledge is achieved at the risk of death, pain, or discomfort. We know that *cause* of yellow fever because, in 1901, James Carroll, Aristide Agramonte, and Jesse

W. Lazear went to Cuba and, experimenting on themselves, found that yellow fever is produced in only one way—through the bite of a particular species of mosquito which has fed on the blood of a yellow fever victim.

LAZEAR died from the effects of his exposure to these mosquito bites, Carroll is hopelessly crippled as a result of a complication of conditions following his infection.

But when Major William C. Gorgas, utilizing the brave sacrifice of these men for the general good, screened off all the yellow fever patients in Havana and destroyed as many as they could of the stegomyia mosquitoes in Cuba and in the Isthmus of Panama (at that time infested with the disease), he stamped yellow fever practically out of existence on this continent. And Panama, the "White Man's Grave," as it was called, is now one of the healthiest communities on the face of the earth.

Similarly, when the Russian hero of science, Professor Yersin, permitted himself to be bitten by fleas taken from plague-infected rats in China. Yersin narrowly escaped dying of bubonic plague. But he showed how to prevent the devastating plague from spreading all over the world, as it had done for centuries, by the simple expedient of killing off all the rats on any vessel that touched plague-infected ports.

And so, as we moult our pin-feathers of superstition we become more tolerant, we learn that human progress is not infrequently accompanied by great sacrifice.

Happy the man or woman who can come to the final reckoning, knowing that, through their efforts or through their sacrifices they have done some one thing that may make life sweeter, safer, healthier, or saner for the uncounted billions who are to come after them. And though none in the whole world will even remember their name, it will still have been worth while.

And happy the man or woman who, through living the physical culture life, maintains buoyant vitality and natural immunity from disease!

Next month Edwin F. Bowers will discuss one of the most important and one of the least understood of the human body's systems—the glands. Don't miss the most fascinating chapter so far. It's in June PHYSICAL CULTURE, *on the newsstands June 1st.*

Ed Burzinski is hiking 25,000 miles on a tour of the United States. He has written in to say that he would like to call on physical culturists all over the country, who come within easy walking distance of his route. Mail will reach him if addressed to 100 Austin Road, Owatonna, Minnesota.

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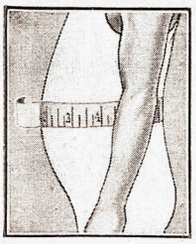
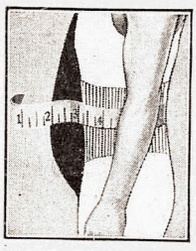

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¶ *Make Yourself Beautiful*

Continued from page 55

Virginia Howard, crowned "Physical Culture Venus" last summer, is another splendid example of symmetrical skeletal bones.

4. MUSCULAR DEVELOPMENT. Here is the other big factor in a good figure, and a matter that *is* within your power to control. It is not fatty tissue but muscles that chiefly determine shapeliness of body. Have you done anything about that—improved yourself? Or have you been satisfied, or indifferent? Have you allowed yourself to slip? Do you stagnate physically? Do you think that some good Fairy Queen ought to bring you a beautiful figure on a silver platter, without your doing anything to deserve it? However, that's another matter that we'll take up a little later.

AS examples of what muscular development means in the way of womanly beauty, think of Ula Sharon, Mary Eaton and other highly trained exponents of the art of dancing. If you could look in at their dancing school, you'd see.

5. CORRECT WEIGHT. Fat is another basic tissue affecting the beauty of both face and figure, being also a factor susceptible to your control. Have you too much? Too little? You should have just enough to give smooth contours. Fortunately, great numbers of girls, the "young" and the still young, can mark themselves perfect in this respect, but the thin and the overweight must mark themselves down, even to zero, on this count. Again Ula Sharon and Mary Eaton deserve ten points each, this time for weight. The present fashion of thin women is deplorable, for it merely represents emaciation. The "match-stick" figure is neither beautiful nor feminine. And it will pass out, in time, along with the unnatural fashion drawings that express it. There is an ideal slenderness in which the limbs are well rounded by muscular development and then smoothed out by just enough fatty tissue.

6. SPIRIT. Now for the deeper, internal qualifications. Have you beauty psychology? The spiritual factor is the dominant element in true beauty, since it includes all those qualities of heart and feeling that make for womanly loveliness such as sympathy, kindness, inspiration, mercy, tolerance, and unselfishness. It is largely these spiritual elements that give one that mysterious possession we call charm. Irene Rich has it, due to her mental and spiritual qualities. No matter what a woman looks like in other respects, she is nevertheless beautiful in a very great measure if she has this quality

WHERE do you pretty girls stand in the matter of beauty psychology? Do you, by grace of spirit, lift yourselves up into the realm of great beauty? If you entertain hatred, envy, sarcasm, derision, violent anger, and various selfish impulses, you will have to make allowances and mark yourselves down accordingly. If you are subject to moods, if you worry, and worry others by your worry, cut off one or two points on that account.

7. INTELLIGENCE. You have often heard the expression, "the beautiful but dumb." I have used it myself. However, there is no such animal. The dumb may be pretty, but never beautiful. There is no charm. True beauty requires the quality of intelligence, which illuminates the face and makes for personality. The quick, keen intelligence of Mary Pickford, for instance, is a pronounced factor in her beauty. Do you deserve a high beauty rating on this count? (We have a hunch that you stand pretty well in this respect, or you would not be reading such an article as this.)

8. CHARACTER. This is the moral element in your beauty psychology, or the third factor in personality, assuming that personality is made up of spiritual, mental, and moral qualities. It is probably not the most important of the psychological factors, for one can conceive of a woman of strong character, a veritable female Napoleon, who might not be beautiful—depending upon the other spiritual elements of kindness, sympathy and emotion in general. Character is, of course, interwoven with all mental and spiritual faculties, and, representing the will and expressing the power of the spirit, it is the basis of poise, pride (in the sense of self-respect), integrity, purpose, self-restraint, and patience. It is the cornerstone of the human make-up, generally speaking, and as such has much to do with beauty psychology and with beauty itself. It gives dignity. Charming Mrs. Calvin Coolidge, our "first lady of the land," is an example.

9. FEMININITY. Here is a factor in beauty that many would be likely to overlook—the quality of womanhood. It has everything to do with the possession of personal magnetism. Neither the man who lacks the essential quality of manhood nor the woman who is only half a woman, is wholly attractive, even to members of his or her own sex. You do not take to the mannish type of woman nor to the effeminate man. Neither is a complete being. Beautiful women have the secondary sex characteristics distinctly developed. They are feminine—womanly. It is, of course, a matter of good glands. Fortunately, most healthy women can allow themselves a full rating of ten points under this heading. However, it is one of the indispensable factors in beauty, and we believe that it must be in the list. Renee Adoree has it. You will find it clearly exemplified in Eleanor Boardman, Norma Shearer, and in other of your favorite motion-picture heroines.

10. HEALTH. This is such an important part of beauty that one is tempted to say that it is everything. Surely it is the supreme thing in physical beauty. It is reflected more or less in all the other factors, even the psychological. Beauty means strength; not necessarily great muscular strength, but certainly organic strength, vital strength. Don't think that women are lacking in strength. They are vitally stronger than men, for they live three years longer, on the average, the world over. Even in babyhood, the boys die more easily. Anyway, beauty is based on vitality, organic

vigor, pure red blood, balanced nutrition, active elimination, internal cleanliness. And don't you forget it. Look at Alice Joyce, veteran of the screen, as young as ever, even more beautiful, and still holding her own among the newcomers of the films. She's an example of the health and good habits phase of beauty.

It is true that there is such a thing as natural health, as when one has such a vigorous constitution that she can stand many abuses—for a time. That's why beauty is presumed to be a part of youth. It expresses vitality. But soon or late such abuses break down the strongest constitution. So in marking your standing on the basis of health, you should consider your habits of life.

NOW as to specific improvement of eyes, skin, hair, bodily weight, shapeliness of body, glandular health, nervous and emotional states, and psychology in general. We have said that you are limited as to your bones and your hereditary make-up, but these other factors are very largely within your own power to control. Which raises the question as to whether you have made the most of yourself. Most of the drab looking people you know have not. Most people are pretty well satisfied with themselves, except in regard to their appearance. And so they go to the beauty parlor, which only pretends to offer a surface improvement. It can help you only to look pretty. It cannot lend you beauty or personality.

For instance, lovely eyes. Have you seen the eyes of a friend grow dull and lose their sparkle when the body is saturated with the poisons of disease? Have you seen eyes become hollowed, dried-out, weak looking in age—eyes that were winsome and charming in youth? These changes illustrate exactly what I mean when I remind you that health and vitality largely give the eyes their beauty, along with the qualities of the spirit. Keep the bloom of youth—or build and bring back the vitality of youth, with something of its joy, and see how the eyes will regain their charm. But can you do that? Of course you can. It's a matter of your manner of living. Maybe you don't like to face that, but it's true. Don't fool yourself. You are not only the "captain of your soul." You are the captain of your personal appearance.

As to skin texture and skin color, aside from the factor of race or of being blonde or brunette, these depend altogether upon diet, sunshine, exercise, and other health habits. A personal illustration will show what I mean. I have in mind a woman of unusual personality, but whose skin is sallow, muddy, dried-up. She lacks physical attractiveness. The first thought that occurred to me on meeting her seemed to tell the whole story. She looked like white bread and tea—the perfect picture of the traditional "old maid," though she happens to be married. I learned, eventually, that she lives chiefly out of the frying pan. She is obviously suffering from alimentary stasis and chronic systemic poisoning.

The conversation came one day to the matter of food and health. "But do you eat whole wheat bread?" we

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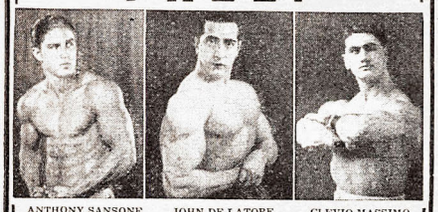

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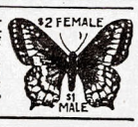

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asked, in the friendliest spirit.

"Oh, I don't like whole wheat bread," she replied, and that settled it. And she didn't like milk. She liked almost nothing that would have been good for her, and she seemed to like everything that was bad for her. She is self-indulgent, the slave of whims and prejudices about food, and determined to go on the same way or die in the attempt. She doesn't like whole wheat. She likes white bread, pancakes, biscuits, waffles, pastries, cornstarch pudding, tapioca. She almost lives on starch and paste and sweets, and then tries to balance it with meat, which doesn't balance it at all. She eats a minimum of vegetables.

That's what I mean when I ask—do you deserve beauty? Such a complexion, like a man's three-day-old whiskers, is one's own fault. My friend, the victim of mineral starvation and vitamin deficiency on her acid-forming diet, is unwilling to change, unwilling to learn. If she tried whole wheat bread for one solid week she would like it. And she could learn to use milk, if she didn't act like a baby—I mean, if she *would* act like a baby in regard to milk. She could make herself over in three months—it's been done!—on a natural diet of vegetables, salads, fruits, whole wheat bread, with a little bran if needed, a full quart of milk every day, and meat only three times a week, or at most once a day. Such a diet means internal cleanliness, blood cleanliness, skin cleanliness, and skin beauty.

I'VE seen it work out. I know a woman, who, at thirty-five, was wasted away down to eighty-eight pounds, a living skeleton, a wreck, a hollow-eyed, chronic invalid. But on this wholesome diet she gradually came back up to normal weight, her face filled out, her crumbling teeth became hard, and now, at forty, she looks like a girl in her twenties.

That's how to have lovely skin.

As to your figure—do you deserve shapeliness on that score? Are you a good animal? Your bull terrier is beautiful. A race horse is beautiful. Ditto, dancers and swimmers. But if you are living a physically lazy life, how can you expect to look like them? Do you walk several miles every day, to and from work, or to and from the shops? Or do you dance such a distance? Do you practice setting-up exercises at home? Radio broadcasters will send you exercise charts free for the asking. Aside from such corrective gymnastics, the ideal exercises for women are swimming and dancing, even—for the fashion of short skirts—the Charleston. But all sports are good. Do you really do something of this kind daily, or three times a week? Be fair with yourself. Are you entitled to shapeliness?

Correct weight, like beauty itself, is an expression of health at its highest peak. It isn't lack of fat that makes you thin. It is lack of muscular development. Strength means beauty. It is not fattening food that you too lean women need. You want building up—tissue building, flesh rather than fat. You want "meat." Just enough exercise, not too much, for building strength, plenty of sleep, sunshine and fresh air will insure appetite and the assimilation that will build you up. However, if it is your aim to look like the tuberculosis ideal pictured in so many of the fashion drawings of today, that's different. But we're talking about feminine beauty.

Excess fat? That's easy. Fat accumulates partly through insufficient oxidization, partly through overeating. Your first move should be in the direction of improved health, through corrective diet; your second move should be a reduction of food; and your third move an increase of exercise—mild exercise, but oodles of it, such as long walks. Reduction of diet should consist chiefly in avoiding all starchy and sweet foods. At that, the easiest way to reduce the total calories is to eat only two meals a day.

NOW as to glandular health. The endocrine glands have everything to do, not only with your bodily functions but with your temperament, your nervous and emotional states, and your all-around psychology. Including the glands which make for femininity, develop those secondary sex characteristics that distinguish and establish womanly loveliness. However, the problem here also is largely that of improved nutrition

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and better health. Starved glands cannot function. Truly, right eating, sunshine (in or out-of-doors), exercise, and plenty of sleep will make you the woman you should be, and will thus inevitably give you the mysterious qualities of personal magnetism and feminine attractiveness. After all, sound glands are only a part of the whole, big scheme of vigorous health. And such health will be reflected even in the lustre and beauty of the hair. Health is the supreme factor.

Finally, to see yourself as others see you, there's a little game that you can play at a party. You can call it a little prize contest to find the most beautiful girl in the party, and you can offer a little prize, perhaps a laurel wreath—not necessarily made of laurel.

Having announced your prize contest, you may supply the guests with typewritten copies of the beauty analysis chart, explaining the idea back of each heading on the list. The men in the party, though not competing, should participate, so that you will also get their reactions. If there are ten girls, each guest should have ten charts, one for each girl with her name at the top. The marking should be done secretly. No one will know whose opinion is expressed in any set of ratings. Then by taking the averages, you will get the composite opinion of the crowd about the beauty points of each, including yourself. It's absorbing and exciting. Each girl will learn her weak points, some of which she cannot alter, whereas she may proceed toward self-improvement in those other which are within her power to control.

THERE are now more beautiful women than ever before. You can take that two ways. They are more beautiful, and there are more of them that are so. They have more freedom, and so are more happy. With freedom of dress, they are more healthy. And they have style, they know how to wear their clothes. But we have assumed that this is included in beauty psychology, as when one has the manner of a queen because she has pride and poise and grace. Instance, Alice Terry.

There's one more widespread factor in beauty psychology: The women of to-day simply refuse to fade.

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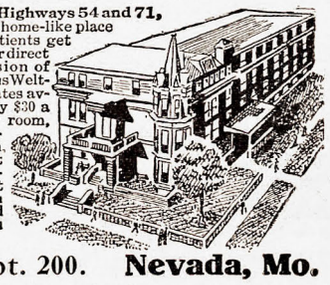

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¶ *How to Make Money*

Continued from page 48

administering a super-business, the strain told on his health. He lived, as it is said, on his nerves. Religion and hard work were the twin stars of his existence, but neither of them could save him from a persistent and debilitating form of indigestion that developed and defied medical treatment.

"ALL he needs is rest," said his father, whose own stomach had been ruined through similar stress. "He was always so willing and anxious to work that I am afraid we have crowded a little too much on him. He must simply let up a bit and he will get well."

Thus, at thirty, the heir to Standard Oil was compelled to give up the executive reins for a time and go to the south of France for the prescribed rest and recreation. Five months of this idleness was all that he could stand, and contrary to the doctor's orders, he returned home, somewhat better, but still pale and pepless.

Of course, Gossip got busy. It was whispered that the young man's lungs were affected. It was whispered that the Rockefellers, father and son, were doomed to expire miserably under their mountain of money. "Ah, wealth cannot buy health!" croaked the wiseacres, happy in the fact that Nature had no special dispensation for plutocrats.

Upon his return from abroad and unlimited opportunity to play, John D. Junior said—and his saying so indicated future action and not idle reflection: "When I have regained my health I will know how to take care of it!"

Hitherto, his four cardinal points of earthly happiness had been character, friendship, health, and success, in the order given. But his experience with physical debility had somewhat shifted the emphasis on these elements of a well-balanced life and he saw how the third cardinal point might in reality be an essential ingredient in each one of the other three!

At that time golf was beginning to do wonders for his father, and the man of sixty-six, between his milk-and-bread diet and rounds on the links, was taking on a new lease of life. The son, however, cared very little about golf. Instead, he enjoyed driving, walking and chopping wood, and he arose at six-thirty o' mornings and went through calisthenics. His particular joy was the woodpile, and even now he enjoys swinging the ax whenever he has the chance.

UNDER this regime, his physical condition improved, and with that happy eventuality he went back into executive harness. But he found he had to watch himself. If he didn't, he would overdraw on his nervous energy, with disagreeable results. In 1907—two years after his return from France—Nature warned him again that he must not forget her implacable lesson.

As he has declared himself, "prevention" is the keystone of all the Rockefeller philosophy and philanthropy, and that word may be said to have become the keynote of his own personal conduct in relation to the maintenance of his physical well-being. And he found out that if he wanted to work hard, he must play hard. Playing hard counterbalanced working hard, and prevented an upset in bodily economy.

Having admitted this as a basic truth to health, John D. Junior set himself to work on its practical realization. He would not permit his business to become a Frankenstein to destroy him. About sixteen years ago, he got into touch with Otto Panzer, the Whitehall Club physical trainer, and made a date for a once-over. But let Mr. Panzer tell the story in his own words:

"When he came in first, Mr. Rockefeller was shy, I should see that. He did not want to mix with the boys. Everything must be private—nobody's business but his own—and he made it plain that he would expect my undivided attention during the time he was here. Naturally, I could and would do that in the work-out periods on the mat, but I knew it was going to be hard always to play squash with him afterwards.

"I FOUND him a first-class pupil, obeying orders, giving himself completely into my hands, enthusiastic about body-building. We got on like a house afire. Not being able to be in two places at once, I asked him, when a couple of months had gone by, if he would mind playing squash with one of the other members if I had to be busy in the gym. He didn't take to the idea with any pleasure, but he consented to the arrangement for my sake. So I introduced him to one of the fellows who was only too glad to take him on.

"Next time he came in I was anxious to know how he had made out. 'Oh, all right, Otto,' he said, 'but I prefer to have you as a partner, and I hope you can make that possible hereafter.'

"While it was flattering to me, I suppose, I did not like him to be so reluctant about mixing in and taking on other opponents in the courts. More than half the good, and nearly all the fun of exercise, is doing it with companions of your own standing, and competing with those who are on your own level of accomplishment, or a notch or so beyond you.

"You see, being in the position of his teacher, I did not feel that Mr. Rockefeller was getting all that he was entitled to in sticking so close to me. While it was all right for me to guide and instruct him, he needed the zest and adventure that only come with matching yourself with different personalities, varieties of technique and degrees of ability. And I was sure he would see it that way, if I gave him enough time, for John D. Junior has more sense in his little finger than most people have in their whole bodies.

"My guess was right. Before very long, he had conquered his diffidence and reserve on this score to such an extent that he voluntarily was passing me up as a squash mate, and going after his fellow members to play with him.

"I was tickled at this face-about because it showed me he was coming through in great shape. You see, one

might say with a lot of truth that the color of his disposition had taken on new and vivid tints as his body grew stronger and more vitalized. In a sense, from being physically negative, he had become physically positive. His transformation was very interesting to me because it was like finding a key to a locked and hidden vault of energy and good-fellowship that might have remained sealed forever if the proper trail had not been hit and followed.

"AND there is no one on earth who appreciates this line of reasoning more than Mr. Rockefeller himself. Keen as a whip, always endeavoring to face facts, not afraid of unflattering conclusions, he can see how, as a youth, he might have prevented his worrisome siege of nervous exhaustion by some systematic exercise. During the terrific strain of the Great War, when he was working harder than any man ought to, with responsibilities multiplied a thousand fold, it was his constancy to his regular work-out and squash that saved his life.

"Depend upon it, the coming generation of Rockefellers will never know what it means to neglect the needs of the body. John D. Junior has already seen to that. One of the first things he did after being converted to the gospel of keeping fit was to have a fully-equipped gymnasium and squash court put in his Fifty-fourth Street house for himself and his children. The squash court, I may add, was one of the finest in the country at the time. It may be interesting to know that devices for the perpetual circulation of fresh air were also installed in that house when it was built. The Rockefellers always set great store on fresh air.

"I never came across anybody more faithful to an objective than John D. Rockefeller, Junior, when once started. Most men are willing to overlook any little lapse in a program they have mapped out for themselves. Things, they say, will come up to interfere with best laid plans and one accommodates oneself to unexpected interruptions. But John D. Junior prevents such things happening if it is at all possible. When they do happen, he takes steps to offset them in some way.

"For instance, if he should miss his noontime work-out and squash game here at the club, which ordinarily means a forty-minute session, he will call me up to see if I cannot come to his house before dinner and go through the paces with him.

"He's like that in everything he does, I imagine.

"Well, he has gone a long way, physically speaking, since he came to me in his early thirties. Hard as nails now, and he plays a good game of squash in which tactics predominate. He has made one of our teams, and has played against contenders in public matches. I guess he never dreamed of that when he first came here and wanted to be 'private' in everything."

HERE Otto Panzer, whose "boys" think in millions and carry out world-wide enterprises, but whose muscles are of the stuff of common humanity, consulted his records, then went on:

"When John D. Junior came to me

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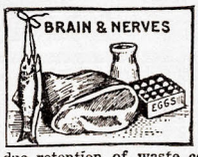
Constipation



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(See Old at 23, p. 122; Catarrh, p. 135; Pyorrhoea, p. 108.)

DONALD

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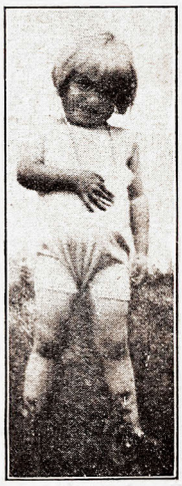
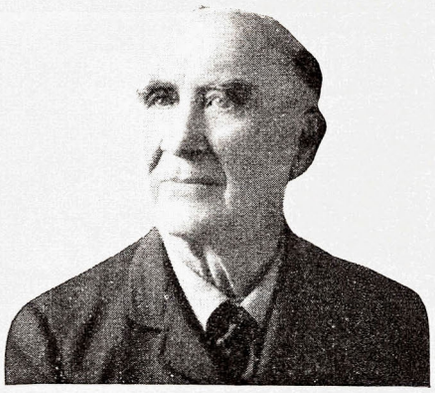


GRACE



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My grandfather has nearly discarded all his literature on politics even, he is so busy reading and finding out things he never heard of in all his days (as he expresses it) in those 5 volumes, and as economical and frugal as he lives he admits my books are well worth the purchase price and more.

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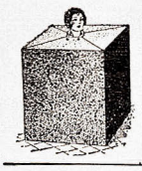

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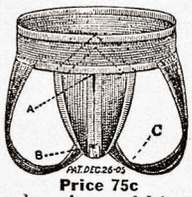

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he weighed 130 pounds. Subnormal. Now he tips the scales at 158 pounds. But the chief difference is not in weight. He was always inclined to be pale, but there is a healthy undertone in his face these days. His digestion is excellent. He can eat whatever he pleases, and fear no troublesome effects. The Rockefellers were always abstemious in their eating and drinking. Simple foods are an established family habit. Alcoholic drinks are taboo. John D. Junior has never smoked.

"At the time he began working with me he was confining himself to lunches of things like milk toast and oyster stew, careful to the point of caution about what he had. I guess he was amused, and maybe amazed, when I undertook to regulate his mid-day menu for him. However, he soon saw the logic of more solid food when his strenuous daily exercise demanded an increase in nourishment.

"THOUGH his father is an enthusiastic golfer and says that the game has given him his long lease of life, John D. Senior was not athletically inclined during the days his son was growing up. Perhaps because he was a country boy, his regular tasks gave him exercise enough, and to make a practice of it was something outside his personal experience. In the old days in this country, gymnastics were left more or less to acrobats and professional strong men. People found plenty to do with their bodies in their daily occupations. With the transfer of labor to machinery, which has been a comparatively recent development, men have been compelled to invent means of giving activity to their bodies, or suffer the consequences of bad livers, sluggish circulation of blood, inactive pores, unused lungs, and a score of other defective functionings.

"Having learned his lesson from practical experience, John D. Junior has made it an important part of his duty as a father to encourage his six children in physical achievement. Even Abby, his only daughter and oldest child, became a tip-top sportswoman, while the boys, from the youngest to the oldest of them, have gone in for outdoor games of every sort—handball, tennis, golf, and the rest. From the time they could hold a racket they played their father's favorite game of squash.

"Nearly everybody has heard of that wonderful playhouse that John D. Junior built for his youngsters on his Pocantico estate. It is in keeping with his devotion to their physical side, so that they may not neglect the temple of the human soul. This Pocantico playhouse has its predecessor—less elaborate in scope and detail—on the Rockefeller place in Seal Harbor, Maine.

"Wherever the family goes, you see, it must have its gymnasium. Perhaps you will remember the two-months' trip that they took out West about seven or eight years ago, when John D. Junior fitted up a special car as a gym so that he and his children might have somewhere to limber up and keep in form. And if I don't miss my guess, it wasn't planned altogether for the body, at that. For Mr. Rockefeller believes that parents should share as many interests with their offspring as possible. And boys that have romped and wrestled and competed in sports and muscular endurance with their Dad are apt to look upon him as a real pal. It helps to form a pretty close tie."

Which brought to mind John D. Rockefeller Junior's own words:

"The business of being a parent cannot safely be transferred. Just as the child instinctively looks to his father for food, clothing and shelter, so he turns first to him for companionship. If we fathers respond to this natural yearning and become the pals of our boys, we may have their confidence and friendship from the outset. If, on the other hand, they find us so much occupied with our business or our pleasure that we have no time for them and their interests, their youthful longing for the companionship of their father is quickly chilled, and their affection and confidence is promptly transferred to less worthy companions."

WHEN one is aware of the vital importance put on physical fitness by John D. Rockefeller, Junior, it is significant that the half billion or more dollars given away by father and son during the past twenty years is dedicated as much to humanity' health as to humanity's education. Prevention of disease, prevention of ignorance, will benefit future generations beyond computation.

Pursuing the line of thought opened up by our chat with Mr. Panzer, we asked him one last question:

"Do you think that employers will get to the point of advocating exercise as an asset to their business and provide the facilities?"

"John D. Junior is doing that already," replied Otto Panzer. "On the top of the Standard Oil building, 26 Broadway, there is a gymnasium for employees, and they are urged to use it. I have been told that Mr. Rockefeller will sometimes send for one of his executives who has been sticking too close to the job, and advise him to spend time with a ball or a bag or some exercise apparatus if he wants to continue to be of first-rate value to the company!"

Would that all heads of large corporations had such high ideals!

Weaning Your Baby—Does It Worry You?
Read, in June PHYSICAL CULTURE:

The Wrong and the Right Way to Wean Your Baby

by EDMUND C. GRAY, M.D.

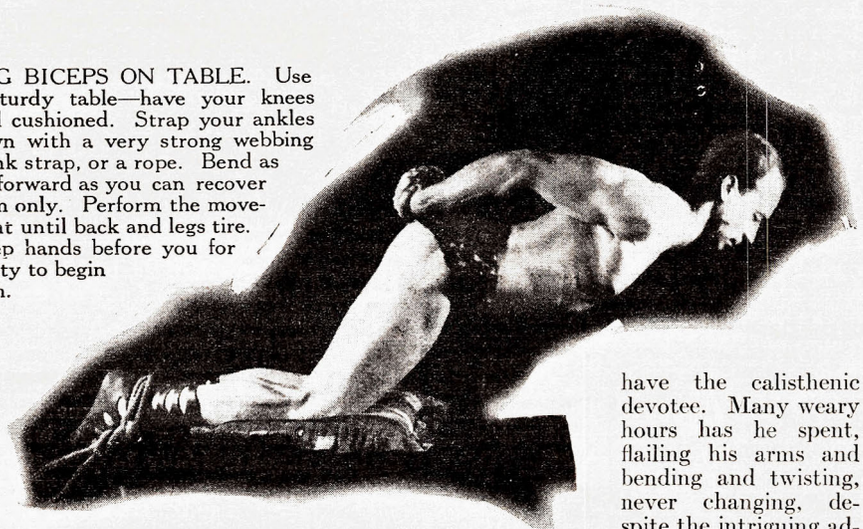
¶ *There's No Excuse for Weaklings*

Continued from page 43

not ready for them, pigeon-hole them against the day when you are ready.

Some of the following observations may help you to select your road to strength and development.

Primitive man must have taken a tremendous amount of exercise, spasmodically. The very nature of his existence made necessary a rugged physique. To have been weak, meant he would not survive. It would be far better for modern man, if more depended upon his physical strength in his pursuit of the coin of the realm. What would be the thoughts, if any, of our cave-man ancestors, were they brought back to life long enough to witness a calisthenics drill? I imagine it would strike them about as seeing Hercules and Sandow playing fast and furious game of Ping-Pong would me! Unquestionably, our primitive ancestors had no need of systematic gymnastics, calorie menus, or knowledge of vitamines. They had to run, climb, lift, wrestle, fight, and otherwise make use of their mascular systems. Probably, under these circumstances, such people ate to repletion when they had an abundance; then slept and loafed around until the pangs of hunger drove them out upon a new quest for food. There probably was little danger of one's eating without an appetite in those days! Our grandfathers and fathers got more exercise in their daily affairs than we do. Had they not feared night air, slept in stuffy rooms, and had they possessed our improved sanitation, they would have been even more hardy, vigorous, well-developed specimens of humanity than they were.



LEG BICEPS ON TABLE. Use a sturdy table—have your knees well cushioned. Strap your ankles down with a very strong webbing trunk strap, or a rope. Bend as far forward as you can recover from only. Perform the movement until back and legs tire. Keep hands before you for safety to begin with.

All through the ages the inventive genius of man has striven to facilitate living, to lessen the strife of life. As little by little we devised means of making our brains work to save physical labor, we have retrogressed into a race with a poor average physical foundation. Despite magazines, health books, radio exercises, daily-dozen phonograph records, gymnasia, et cetera, one can see thousands upon thousands of people walking the streets, who look as though they belong to the half-dead!—slumping along, with barely enough vitality to do their particular specialties in life and keep on existing!

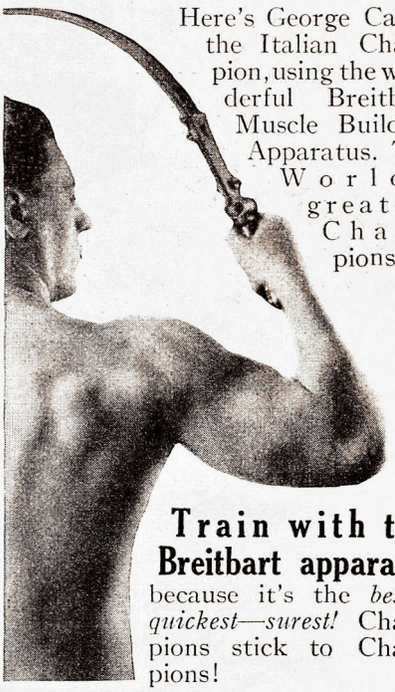
How often do you see a person past forty, who walks with the buoyance that denotes super-strength, who has the bright, clear eyes that prove him to be vital and bubbling over with physical and mental efficiency? When you do meet the exception, you can bet your life he is a physical culturist. He may not label himself one, but he is using some means of generating more electricity with which to charge his batteries.

In many years before the public, I have come in contact with hundreds of people who have told me of their own methods of keeping fit. You would be surprised at the ingenuity disclosed. Many persons pin their faith to walking and deep breathing; some go in for Yogi breathing solely. One old gentleman in Detroit took a daily run of several miles. The last I knew, he was past eighty, and still running each morning. Then we have the calisthenic devotee. Many weary hours has he spent, flailing his arms and bending and twisting, never changing, despite the intriguing advertisements proclaiming better methods! The elastic exercising device has its following among the bedroom athletes; some people prefer the springs. You all know the fellow who insists that two-pound dumb-bells have made him an Apollo, and decries heavy weights. Some people have an antipathy for apparatus of any kind; others must buy every new contrivance on the market. The genuine sportsman ridicules all such "tommyrot" and goes in for his favorite outdoor pastime.

Perhaps it would be interesting to have a complete analysis of all the different forms of exercise that are generally utilized by the physical culturist:

CALISTHENICS: Webster defines it as "exercises to give strength and grace." Sometimes this form of exercise is spoken of as a "setting-up drill," and of recent years as the "daily dozen." Physical directors classify all free movements of the lighter kind as calisthenics. The popularity of this form of exercise is due, undoubtedly, to the fact that it is the easiest to teach in classes, and nearly every person, of both sexes, is capable of engaging in the work. The reason that

SOME MUSCLES!



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"I was so ignorant about the ways to care for her. If I only had the Encyclopedia then as I have now I would have spared her and myself many a sick day—as I had no one to turn to who seemed to know more than I.

"My health grew worse so we moved to California but I was just as bad. I obtained a set of Encyclopedia and set about to regain my health. I was spurred on to greater zeal in my efforts to become well and able to have the child we were both anxious for. In the meantime I was using my new found knowledge in improving the health of the child we already had.

"I followed instructions and my health improved so much that when my baby came she was healthy and normal in every respect and I got along just fine.

"There is hardly a day passes but what I find use for these books in some way. I use the Encyclopedia in every emergency."

Mrs. O. S. Hodges lives in Boynton, Florida. Like thousands of mothers and wives she depends upon her Encyclopedia for health. Learn about these great books and what they can do for you. Turn now to the first page in the front of this issue and spend ten minutes — probably the best ten minutes you could spend anywhere.

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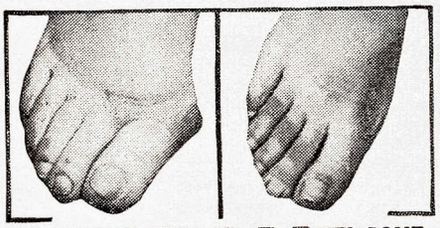

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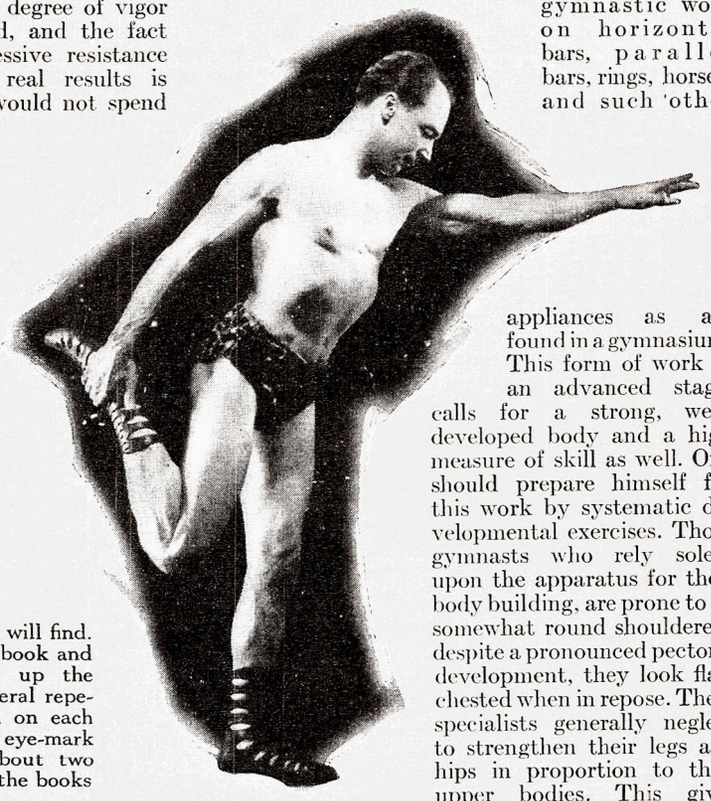
thousands who have done calisthenics via the radio or gymnasium drill, have failed to build up beautifully proportioned bodies, is partly the fact that the proper degree of vigor is not employed, and the fact that the progressive resistance that produces real results is lacking. You would not spend a daily session adding simple columns of figures to become a good mathematician. You would try harder and harder problems. The same principle is applicable to bodily development. Calisthenics should be regarded simply as primary work, and as such serves its purpose admirably.



ONE KNEE DIP. Doing this familiar exercise, or stunt, with the toes on a pile of books, is a horse of another color, you will find. Begin with one book and gradually build up the height. Do several repetitions balanced on each foot. Have an eye-mark on the floor about two feet in front of the books

THE LEVERAGE SYSTEM: Here we have a form of exercise that is unlimited in its scope of progression. The beginner can make use of it, or it can be made to tax the powers of a Hercules. The movements can be taken either with or without apparatus of any sort. Any exercise that makes the weight of one's own body the resistance offered, and the body is raised or lifted so as to make use of the principle of leverage, belongs in this classification. As a simple example of this method, I will cite the one of sitting on a stool and placing the toes under a piano and lowering and raising the upper body. Nearly every exercise I have illustrated in my series of articles is a leverage exercise. Great strength and an excellent development can be secured by this means, providing your work is arranged systematically and made progressive, both as to movements, as well as to increased resistance.

APPARATUS WORK is generally conceded to mean gymnastic work on horizontal bars, parallel bars, rings, horses, and such other appliances as are found in a gymnasium. This form of work in an advanced stage, calls for a strong, well-developed body and a high measure of skill as well. One should prepare himself for this work by systematic developmental exercises. Those gymnasts who rely solely upon the apparatus for their body building, are prone to be somewhat round shouldered; despite a pronounced pectoral development, they look flat-chested when in repose. These specialists generally neglect to strengthen their legs and hips in proportion to their upper bodies. This gives them a top-heavy look, and when called upon to use their strength standing on the ground, they cannot fully employ the strength of their upper region. To young people this form of exercise offers fascination, strength, and development, along with a monkey-like ability to handle their bodies. As in the case of weight-lifting, heavy apparatus exercises should be done only on alternate days.

TUMBLING describes to the initiated such forms of activities as hand-springs, cart-wheels, nip-ups, hand-stands, somersaults, and all kinds of quick acrobatics, generally done on one's feet or down on a mat. Veteran tumblers are nearly always very symmetrically developed, and have a lithe, graceful way of carrying themselves that is very ap-

TABLE HAND BALANCE. You may not be able to do hand-stands, but as an exercise, try putting both hands on a table, and lift the straight legs up as high as you can. If too hard, begin by lifting the legs with bent knees. Repeat several times. This uses nearly all of the upper body muscles

parent. This work is now being incorporated with classical dancing and is productive of truly remarkable results in such combination, among young girls as well as boys. Every young man who takes up physical culture should insert some tumbling in his program. You will never grow bored by it.

TENSION RESISTANCE is applied to a system of exercise that was in favor a score or more years ago. It was taught by mail, and its advocate became internationally known. There are still many old-timers who swear by this system and will not discard it in favor of the newer methods in vogue today. This exercise is described by its name. You get your resistance by the expedient of tensing the members to be involved, and then performing various movements. This severe tension of the muscles causes the flexors to antagonize the extensors, and there you have the essential resistance. If a man had nerve force to spare he could get a pronounced musculature from this system. The resultant muscles, however, would be good for nothing but display, as the body was never used harmoniously. The big flaws in this system are: Lack of complete oxygenation, no rythmical relaxation period at the end of each movemovement to permit the arterial blood to surge through the tissues involved, and opposition of muscles in the same member of the body. I have personally come across several who asserted that they were greatly injured by following this method of body-building.

MUSCLE CONTROL is a modern method, which has not a few staunch advocates. It is a trifle like tension resistance, but differs in not causing muscular opposition and not requiring movements during tension. A complete relaxing period between tensions allows for proper circulation and oxygenation, thereby overcoming some of the objections against tension resistance. Muscle control is hardly for the novice, inasmuch as one must have a well-pronounced development before he can make proper use of it. In taking the system, it is customary to stand nude, under a strong light before a mirror, and by an effort of the will cause individual muscles or groups of muscles to contract to the highest possible extent; then relax and repeat. When this system augments other systems, where there is concerted usage of the muscular system, it is a pleasant means of maintaining one's development, and has naught but beneficial results.

AUTO RESISTANCE is the appellation for a real fool-proof method of building a beautiful, symmetrical body, without the least danger of overdoing. It has the advantage of being the only system that is equally adaptable to both sexes, and persons of all degrees of strength. One outstanding feature of this system is that you do not increase the movements to progress. Your increased strength automatically brings about a corresponding increase in applied resistance. You can readily see that the veteran does not have to devote any longer time to his workout than the novice. Auto (self) resistance movements are taken by the simple but effective process of causing one member of the body to resist another member while a complete movement is performed. Do not confuse this with tensing; it is nothing like it. The results from this system are a splendid, rounded musculature of excellent quality; strong vital organs; an exceptionally fine condition of the joints and nerve centers; entire absence of strain; and as much strength and endurance as you will probably ever require. You can enhance the results of this delightful system by taking it before a mirror, in the nude, as in the case of the muscle-control system.

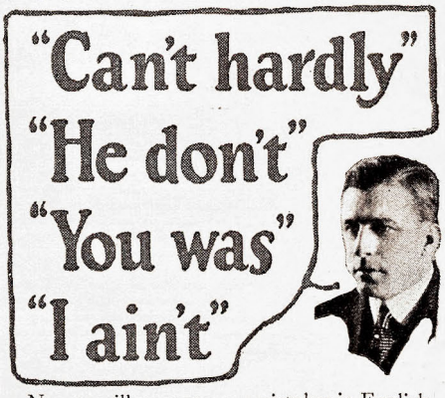
NATURAL, OR HABIT, SYSTEM is what Edwin Checkley called the method of keeping fit he so convincingly advocated. It was his contention that special forms of exercise were no more necessary to mankind than to the animal world. Walking correctly, breathing in a certain way, and watching your poise constantly, until you had mastered involuntary control, were the fundamental factors of his system. Checkley is said to have demonstrated in his own person the most amazing results of his habit system. He died from gas poisoning at about seventy-five, and at that age is said to have possessed super-strength and a marvelous physique. In his book, "Natural Method of Training," he says: "What you do between exercise periods is more important than the exercises themselves." Naturally, if you slump over a desk for hours, sitting on the end of your spine, and walk and stand like a tired cart-horse, et cetera, it surely will offset a vast deal of good you might have gained from an effective system of exercises.

ELASTIC AND SPRING EXERCISERS are too well known to require more than a passing mention. Better than nothing, by far; but nowhere near as satisfactory as other methods. The back, hips, legs, abdomen, and chest do not receive their quota of work. The strength of the resistance alters by the distance of the stretch, and weakens by age and use.

WEIGHT-LIFTING is extremely popular among an ever-increasing army of young men. It is a bone of contention in the entire athletic world. Those who censure it the worst are often those who know the least about it. Having lifted professionally for many years, and having known a great many lifters, I feel especially qualified to voice an opinion. If a young man will do weight-lifting *exercises* progressively, and develop a good strong physique *before* he goes in for weight-lifting proper, there is very little likelihood of his injuring himself to the slightest degree. It is necessary to stress, however, that his diet must be adequate and correct; he must get proper sleep and fresh air; there must be no dissipation of any kind, or else he invites disaster. I once knew a strong-man named Barney. In Des Moines, he was known to all. Every season, at the opening ball-game, he would precede the game by carrying the entire ball nine on a plank, on his shoulders, making a complete circuit of the bases, headed by the band. "Prodigious strength!" you'll say. Two years later Barney was laid to rest in a tubercular's grave! Was weight-lifting the cause? Not directly, I am sure. Barney had very poor teeth and could not eat many things a strong-man should. He did not place any stock in "dietetic nonsense," so did not eat as he could have. The wear and tear on the body from his weight-lifting proclivities required a compensat-

Your Mistakes in English STAND OUT!

YOU can not hide your mistakes in English—they stand out sharply, giving others an unfortunate impression of you. You may not make such glaring errors as "He don't," "You was," "I ain't." But perhaps you may make other mistakes which offend the ears of cultured people, and cause them to judge you unfairly.



No one will correct your mistakes in English. People are too polite. They fear you will feel insulted, and unconsciously you keep on making the same mistakes. And, though you may think your English is good, it may be dotted with errors which *others* notice, and which destroy many of your opportunities for advancement.

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For many years Sherwin Cody studied the problem of creating *the habit* of using good English. After countless experiments, he finally invented a simple method by which you can acquire a better command of the English language in only 15 minutes a day.

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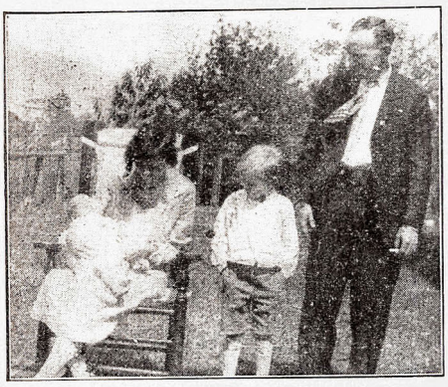
"A Friend Talked Me Into It"



"Eleven years ago the stork visited our home leaving a fine 9 pound boy. Then my wife took a fever and the boy died. For over ten years following my wife was in ill-health. During this time I was trying to find help for her. We were told about operations and nearly all said we would have no more children. We gave up hope and while in Louisville went to the Kentucky Children's Home Institute and adopted a boy.

"Later a friend talked me into buying your Encyclopedia. My wife got interested and we dug deep into it. She grew better. We were on the right track and went into it deeper. Finally she came to know good health for the first time in years.

"And now we have a little girl of our own, four and a half months old. She has never had a sick day. If we had had these books 12 years earlier all our troubles would have been avoided."

Mr. Arthur Lynch lives in Benham, Ky. His friend talked him into doing something that he believes is the greatest thing that ever happened to him. Don't you wait 12 years as Mr. Lynch did. Turn now to the first page in the front of this issue and find out what Mr. Lynch was talked into.

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ing equilibrium. Lacking this, tuberculosis found a ready lodging place.

The difference between weight-lifting exercises for development, and weight-lifting as a test of strength, is tremendous. In the case of the former, one should do without great effort, from five to ten movements in a given exercise; whereas in the latter case, he generally lifts within a few pounds of his limit, and tries by a few successive attempts to *reach* that limit.

I will not go into detail about sports, both of the indoor and outdoor variety now, because I haven't space. Wrestling doubtless is the best competitive sport for development and enduring athletic prowess. Hiking, mountain-climbing, and outdoor skating are the finest means of prolonged oxygenation possible, and nothing is more conducive to health. No system of deep-breathing, regardless of price or claim, can ever approach the trio of sports above mentioned, in producing results. Remember this: Unless there is a demand for more oxygen in your body, brought about by exertion, the mere act of filling your lungs to the utmost does not prove that you are feeding vast quantities of oxygen into your system. Develop your lung capacity, of course; then automatically you will get your full quota of oxygen while engaging in your outdoor sports.

Since I have retired from the stage, and do no lifting, I make use of three different systems: Auto-resistance, muscle control, and leverage. I take the three in the order named, on successive days, and then rest a day so far as systematic work is concerned. On this off day, I generally go for a long hike, climb mountains, skate, swim, or do whatever the season has to offer. Of course, I do all these supplementary things on the other days to a lesser degree also.

It is my hope that you may have received inspiration from my articles, and that the illustrations may compensate for any lack in writing technique. If you want super-strength, remember the good old axiom, "Where there's a will, there's a way!" It was never more applicable. You must furnish the will; physical culture shows the way.

¶ *A Frank Talk to the Patient*

Continued from page 63

town. And every call must be made instantly! Oh, my, yes! From the patient's standpoint, every call is an emergency, whereas every Doctor knows that not one call in five hundred are really emergencies. Not one night call in fifty is necessary.

I DON'T mind rolling out of bed in the dead of night when the call is really necessary—something which could not have been foreseen and which requires immediate attention. I'm a sensible fellow; I know that patients can't get sick at my convenience, and I can honestly say that I'm glad to go when it's really necessary; but it fairly makes my blood boil when I am called out at night—which not only disturbs my sleep but that of my whole family—and find a patient who perhaps has been ill for several weeks with some chronic ailment, and who could have called just as well in the daytime.

And the queer thing about it all is that people expect the Doctor to awake from a deep sleep and be ready to give his best thought to a difficult case. If I were ill, I would make an appointment and in every other way make it as easy as I could for the Doctor to give me the benefit of his best thought. For example, not long ago a woman whom I had previously treated, called me at two A. M. She explained that her daughter was ill—had been ill for more than six months with a malady that had baffled a number of excellent Doctors. "I want you to come down here and tell us what's the matter with her." She expected me to come at two A. M. and in a few minutes solve a problem which had eluded six other good men for more than six months. Of course, after I explained that it would take at least two hours for me to arrive at anything like an intelligent diagnosis, she readily saw the point. But that was after she had disturbed my sleep.

And people are so selfish. They will call up and ask my office hours and then come in about five minutes before closing time (so they don't have to wait), expecting me to work out a difficult case which requires at least two hours. That's why I never get home before eleven, although I'm supposed to quit at eight. But once they arrive at the office, they will permit no one to take their turn. Only recently I had a maternity case call in at a time when I still had three patients in my office. I explained to these patients the nature of the other case and asked them to return later, and although three other calls from the same party came in during the next fifteen minutes informing me that it was absolutely necessary that I get there at once, do you think those three patients would step up and say: "Go ahead, Doc. That woman needs you worse than we do. We'll return later." Not on your life! They made it plain that they each had an appointment and that they were there to keep it.

A DOCTOR is never off duty. And ninety per cent of the calls are nothing more than wasted effort. You can talk until you are blue in the face, giving each patient minute instructions as to his treatment. While you are talking, patients will shake their heads as if they understood perfectly. But just as sure as you sit down to eat your dinner or go to bed, the telephone will ring and the patient whom you have just seen an hour before will inquire how he should take his medicine. A doctor can never really relax. Patients won't let him. If you leave your office and go home, they call you there. If you go out to play a few holes of golf, you won't have your clothes changed before you are called to the telephone. If you go to the theater, they call you there. I haven't seen a

play from beginning to end for years.

Why don't you have some one else take the calls and find out whether or not they are important, you ask? You can't. They won't talk to any one else. And to the patient, every call is important. Every Doctor becomes a slave to his telephone. No matter how soundly I am sleeping, I waken at the first jangle of the bell. Many times I have to ask the patient to hold the 'phone until I awaken sufficiently to know what he is talking about. If all of these calls were necessary, if we were accomplishing something for someone, it wouldn't be so bad. But at least ninety per cent of the calls are simply wasted energy.

THE reason why people make so many unnecessary telephone calls is because their minds are full of a million and one things and they fail to register what is told them. Modern life is so complicated, the demands upon people's time are so great, that it is impossible for them to give their undivided attention to anything—not even when they are sick. That is the reason why the average patient carries out his treatment in a haphazard way, as a sort of side issue. He continues his business and all the errors of living which have brought him to the brink of a breakdown, and only thinks of his treatment occasionally, when he has nothing else to do. But he expects good results just the same. And blames his Doctor if he doesn't get results!

Yet withal, medicine does have its compensations. Just a few minutes before I wrote this, I was called to see a patient who was suffering from a stone in the ureter, than which there is no more excruciating pain. *I know*, because I had one. To be able to administer to the instant relief of that pain, a rare privilege. No work in this world is quite so satisfying.

But a doctor's life would be more liveable if patients were more considerate.

¶ *My Thirty-Day Diet Test*

Continued from page 30

		Roughly	Approximate Calories	Cost
Fruit	½ doz. oranges	$0.22	600	
	3 grapefruit	.25	600	
	2 lbs. prunes	.25	3,200	$1.15
	1 lb. raisins (puffed)	.11	1,600	
	4 lbs. apple	.32	800	
			6,800	
Cereals	1 box bran	.19	1,600	
	1 box wheat cereal	.24	1,600	.64
	1 box shredded wheat	.12	1,200	
	1 box rolled oats	.09	1,800	
			6,200	
Bread	2 lbs. graham bread	.20	2,400	
	1½ doz. (2 lbs.) graham muffins	.23	2,400	.58
	1 lb. graham crackers	.15	2,400	
			7,200	
Meat substitute & Meat	18 qts. milk at .12	2.16	12,150	
	2 doz. eggs	.96	1,680	
	½ lb. cheese	.20	900	3.89
	½ lb. cottage cheese	.10	250	
	½ lb. nut meats	.35	1,600	
	¼ lb. bacon	.12	1,600	
			18,180	
Cooking supplies for muffins, cream soups, griddle cakes, salad dressings, and cream sauces for vegetables	2½ lbs. flour	.10	4,500	
	1 pt. molasses	.08	1,600	
	½ lb. butter	.23	2,040	
	¼ lb. lard	.04	1,020	
	1 pt. oil	.23	4,080	
	⅛ lb. soda	.02	no caloric value	
	¼ lb. baking powder	.05	no caloric value	1.31
	salt	.03	no caloric value	
	pepper	.02	no caloric value	
	paprika	.02	no caloric value	
	½ lb. cocoa	.08	800	
	½ lb. decaffeinized beverage	.21	no caloric value	
	½ lb. honey	.20	800	
			14,840	
Vegetables	2 lbs. tomatoes	.20	200	
	3 lbs. sweet potatoes	.25	3,200	
	15 lbs. potatoes	.25	7,500	.90
	½ lb. onions	.05	100	
	2 lbs. carrots	.15	200	
			11,200	$8.47

Total for 30 days.
Total calories 64,420 divided by 30 days is 2,147⅓ calories a day.

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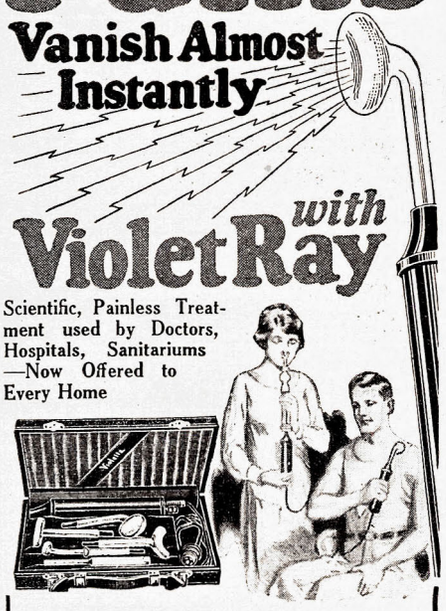

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See Catarrh, p. 135: Constipation, p. 115: Pyorrhoea, p. 108.)

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¶ *Milo Hastings' Comments on Miss Phalen's Diet*

Continued from page 30

whole grains and dairy products to make the diet perfectly safe for an active young woman.

Miss Phalen is five foot three inches in height and weighs 120 pounds. Her weight is ideal for her height. She is a physical culturist and a hiker, but her confinement to the school room represents less total activity during the working day so that her calorie requirement for the body weight is less than Mr. Woods with his job as a mail carrier. Hence Miss Phalen's calorie requirement of slightly less than 2,000 calories per day is quite as correct for her as Mr. Wood's figure of 3,100 is for him.

Note that this diet contains a half pound of potatoes per day. Potatoes are commonly under-estimated as a health food, due to the condemnation of a white bread, meat and potato diet. Potatoes are the least objectional element of such a diet because they are an alkaline food. Had this item of potatoes been replaced by grain, I would have objected to this diet unless it had had a full quart of milk per day, but as it stands I find it meets every known requirement of healthfulness and is very shrewdly figured to do so at a minimum of expense. Moreover Miss Phalen impresses me as being a good cook of the modern school which believes in simple, tasty cooking that a working woman can do, without sacrificing her time for outdoor life.

DIET OF MISS HELEN A. PHALEN
WINNER OF FIRST PRIZE FOR A COOKED DIET

Food	Amount	Prices (National average)	Cost	Calories in nearest hundred calorie units
Milk	18 quarts	12 cents	$2.16	112
Eggs	2 dozen	40 cents	.80	20
Cheese	½ pound	35 cents	.18	9
Cottage cheese	½ pound	15 cents	.07	3
Nut meats	½ pound	75 cents	.38	14
Bacon	¼ pound	40 cents	.10	7
Whole wheat bread	2 pounds	10 cents	.20	23
Whole wheat muffins	2 pounds	15 cents	.30	24
Whole wheat crackers	1 pound	20 cents	.20	18
Bran	1¼ pounds	16 cents	.20	12
Wheat Cereal	1¼ pounds	20 cents	.24	20
Shredded wheat	¾ pound	16 cents	.12	13
Rolled oats	1¼ pounds	8 cents	.10	22
White flour	2½ pounds	7 cents	.17	40
Molasses	1 pint	8 cents	.08	16
Butter	½ pound	50 cents	.25	17
Lard	¼ pound	20 cents	.05	10
Oil	1 pint	30 cents	.30	40
Cocoa	½ pound	30 cents	.15	14
Beverage	½ pound	40 cents	.20	. . .
Honey	½ pound	30 cents	.15	7
Tomatoes	2 pounds	10 cents	.20	2
Potatoes	15 pounds	3 cents	.45	54
Sweet potatoes	3 pounds	5 cents	.15	16
Carrots	2 pounds	5 cents	.10	4
Onions	½ pound	5 cents	.03	1
Oranges	½ dozen	30 cents	.15	6
Grapefruit	3	10 cents	.30	6
Apples	4 pounds	7 cents	.28	10
Prunes	2 pounds	12 cents	.24	23
Raisins	1 pound	12 cents	.12	14
	Total		$8.42	577 hundred calories

Calories per day 1923
Cost per thousand calories 14.6 cents

¶ Milo Hastings' Comments on Mr. Wood's Diet

Continued from page 31

amounts of fresh fruits and leafy vegetables. The large amount of milk used is another great factor in safety of this diet, while the large amount of sweet fruits used keeps down the proportion of protein. The diet is alkaline and low in acid-forming foods. For an active working man it is about as near a perfect health diet as we would know how to figure.

The cost figure of $14.49 is calculated at the prices for each food item that represents the average prices paid by all our contestants. Mr. Wood's actual diet cost him considerably more, his figure being $17.80. But neither of these figures represents the true principle of economy but rather the cost per thousand calories which is 16 cents. This was far lower than the average cost, there being only about a dozen uncooked diets submitted that show lower cost per calorie, and these were not equal in matters of tastiness and healthfulness.

Mr. Wood's food cost as figured by our average prices is less than fifty cents a day. For a smaller and less active person requiring only 2,000 calories a day, the cost per day of such a diet would be only about thirty cents.

Mr. Wood could have lowered his cost by adding more grains, or by adding salad oil, but doing so would have detracted slightly from the ideals of tastiness and healthfulness. Though fat does not appear as a separate item, yet there is enough fat in the diet for health purposes which is contributed by the fat of the abundant whole milk, the four pounds of nuts and the oats which contain more fat than other grains.

On the whole we find this diet shows a most effective combination of economy of food cost, simplicity in preparation, tastiness and healthfulness and is fully deserving of the high award given it.

DIET OF ARTHUR C. WOOD

WINNER OF FIRST PRIZE FOR UNCOOKED DIET

Food	Amount	Prices (National average) Cents	Cost	Calories calculated to the nearest hundred calorie units
Raw milk	45 quarts	12	$5.40	279
Eggs	1¾ dozen	40	.70	17
Honey	4⅓ lbs.	28	1.21	65
Rolled oats	7½ lbs.	8	.60	142
Rolled wheat	1½ lbs.	10	.15	24
Raisins	11 lbs.	12	1.32	154
Figs	2 lbs.	22	.44	26
Dates	8½ lbs.	20	1.70	108
Bananas	1 dozen	30	.30	12
Apples	9 lbs.	7	.63	22
Oranges	1¼ lbs.	10	.12	2
Grapefruit	2¾ lbs.	10	.28	5
Pineapple	¾ lb.	15	.12	2
Prunes	1 lb.	12	.12	11
Mixed nuts	4 lbs.	25	1.00	54
Lettuce	1½ lbs.	10	.15	1
Cabbage	2½ lbs.	4	.10	4
Celery	⅝ lb.	15	.10	1
Carrots	⅜ lb.	5	.03	1
Turnips	½ lb.	3	.02	1
			Total $14.49	931 Hundred Calories

Calories per day 3,100.
Cost per thousand calories 15.6 cents.

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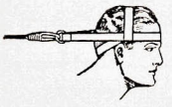

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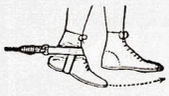

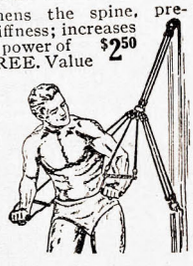

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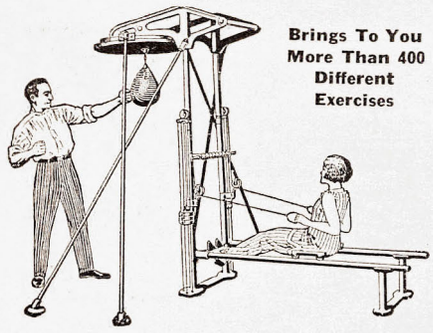

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Many people suffering from such troubles conceive the idea that they are different from others in make-up and that they may even go insane. This is all due to lack of proper understanding of yourself, your own powers, and just how to use and direct them. It is something you dislike to discuss with your friends and relatives, for you know they do not understand and will laugh at you and tell you to "forget it." But it is a serious thing to YOU and I want you to know that there IS A WAY OUT. A new life—new possibilities—will open up to you if you just attack these mental enemies in the right way and get rid of them. AND THIS IS POSSIBLE I ASSURE YOU.

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¶ *Raw, If You Please*

Continued from page 31

a fast is to be recommended as a stepping stone.

The meals I now enjoy are the height of simplicity, and supply all the elements essential to proper nourishment of the body. To give you a sample of the foods I eat, I will tabulate my actual consumption for the one-month period from November 24, 1927 to December 23 inclusive:

45	qts. (raw) milk at 17 cents	$7.65
21	eggs	1.05
4⅓	lbs. honey	.94
A little	salt	.01
7½	lbs. rolled oats	.32
1½	lbs. rolled wheat	.13
11	lbs. raisins	1.21
2	lbs. figs	.32
4⅜	lbs. pitted dates	1.61
3¾	lbs. dates	.90
1	doz. bananas	.30
9	lbs. apples	.72
1¼	lbs. oranges	.10
2¾	lbs. grapefruit	.25
¾	lb. pineapple	.12
1	lb. prunes	.18
4	lbs. nuts (mixed)	1.37
1½	lbs. lettuce	.22
2½	lbs. cabbage	.10
⅝	lb. celery	.24
⅜	lb. carrots	.03
½	lb. turnips	.03
	Total Cost For Month	$17.80
	Average Daily Cost	.59⅓
	Average Weekly Cost	4.15
	Change In Weight Of Body	0

I want to make it plain, however, that I do not eat the same amount of the same foods all year round. My rules in that regard are as follows:

1. Eat the things in season, and reasonable in price.
2. Buy in as large quantities as the keeping quality permits.
3. Be guided by your natural appetite in the amount and kind of foods selected for any particular meal. But beware of a false appetite!
4. If you tire of a food, temporarily cut it out of your diet.
5. Under no circumstances try to force yourself to eat a food you distinctly dislike.
6. If, by reason of etiquette, you need to eat a conventional meal occasionally, take a short fast immediately thereafter to rid your body of any poisons.
7. Be sure to give your teeth enough exercise. If you use an uncooked diet, no thought need be given this, as you will be certain to eat plenty of coarse foods that require chewing.
8. Drink as much water as you desire.

A typical day's menu for November.

Breakfast.

Large dish rolled oats with milk and raisins, raw egg beaten up with honey, handful dried apricots.

Supper.

Raw turnip, using salt dip, orange, quart milk with three bananas, one-third pound mixed nuts.

For the past year I have been a substitute mail carrier. My duties as such have been quite varied, and my hours irregular. I have delivered parcel post, helped with clerk work in the post office, and carried mail-bags sometimes filled with more than fifty pounds of mail. Before I had been with them long, I was called by the nickname of "Lightning." I am five

feet eleven and a half, without shoes, and my net weight is 150 pounds. I was recently examined by an M.D., and pronounced physically "perfect." And I don't care if the neighbors do talk. In fact, they only spread the gospel of Physical Culture when they do so.

This article has been written entirely about food. Food is an important factor, but by no means the only one, in gaining and keeping good health. Others are proper exercise and sleep, correct clothing, fresh air and sunshine, cleanliness, and, above all, Godliness. I am going to close with a startling statement that will prove food for thought. The only person who ever lived on this earth and had perfect health all his life, was also the only person who ever lived without sin. I am firmly convinced that poor health and sin go hand in hand, and that if everyone enjoyed perfect health, there would be no more sin in the world.

¶ *Questions and Answers from Health Seekers*

Continued from page 12

foothold (perhaps mouth-hold would be a better term since the worms adhere to the inner wall of the intestines by suckers or hooklets close to their mouths).

Needless to say, whether or not there are symptoms of digestive disturbance, worms are very likely to cause such symptoms. Their presence often causes reflex symptoms of numerous kinds and degrees, and as intimated earlier, the worms frequently cause other symptoms through the toxins they send off. In this way they aggravate digestive troubles and, because they are known to cause such troubles directly, the original disturbance of digestion usually is overlooked; also, other symptoms not directly related to digestion are produced. These numerous symptoms, digestive and otherwise, will not be mentioned as they often are delusive. As my inquirer mentions, a patient may have numerous symptoms supposed to be characteristic of tapeworms and have an intestinal tract entirely free from these parasites.

THE chief indication of worms that can be relied upon is a sign, not a symptom—the passage of worms or segments of the worms in the fecal discharges. These segments may be somewhat less than half an inch square or practically square, in color similar to ivory, or they may be round and somewhat resemble the well-known angle- or fish-worm, or they may be somewhat like small threads, occasionally of some other form. Each form indicates a specific species of worm, of course; but no definite symptoms are characteristic of each variety since all may cause the same symptoms. However, the small thread worm is much more inclined to cause aggravating itching of the bowel outlet, and this may be the only symptom of this variety of worm. But everyone who has such itching should not conclude that it is caused by these small worms, since far more cases result from other causes than from the parasites.

In attempting to clear the digestive tube of existing worms, it is advisable and usually necessary to use such measures as at the same time will correct or relieve the digestive weakness and disturbance due to other causes. Those other causes are numerous, though only a few may be operating in any given case. Deficient nervous energy from heredity, wrong general care, dissipations or other cause, or over-stimulation of the digestive organs by overeating or eating spiced, rich and otherwise locally exciting foods, may have reduced the quantity or digesting power of the gastric juices. Improper eating in any way may more or less seriously unbalance digestion. Sugar and sugar products, including candies, jams, jellies, preserves, also syrups, are very likely to interfere with the chemistry of digestion and alter the secretions. Spinal tensions and contractions, perhaps occasionally bony lesions also, may interfere with the nerve supply to and circulation of the digestive system; or there may be other reasons for reduced spinal impulses, such as exhausting physical labor or pleasures. Any of these conditions may lead to such a depraved state of digestion that the intestines are put in condition to harbor the parasitic worms.

Then, of course, there are unclean vegetables, insufficiently cleansed fruits and contaminated drinking water or, sometimes, water used to wash fruits and vegetables—in case these latter are eaten raw. Cooking, when adequately done, destroys the worms in the stages in which they are taken into the food tube. This explains why those who eat flesh foods "rare" are much more likely to have worms than those who like such foods "twice rare," in other words well done. For at one stage the worms inhabit the flesh of animals, and when this is taken raw or rare the eggs or larvae are able to develop in the intestines into true worms. But it must not be imagined that all flesh of all animals is contaminated with the eggs or larvae of worms, for the percentage of infected animals doubtless is extremely small.

THE fast is the very best initial part of the treatment for worms, for it is the best means of giving the intestines a rest so they may recover their functional tone and rid themselves of retained waste and developed poisons. It might be imagined that fasting also causes the worms to lose some of their gluttony and their tenacity, thus making them more easily expelled. Often worms will be expelled without any other treatment, though by no means will this happy result be brought about in most cases. But even in medical practice the treatment is initiated by a fast or at least a very light liquid diet such as fruit juice. The medical practice is to fast or diet lightly for only twenty-four to forty-eight hours; but better results usually will be secured by at least doubling this time.

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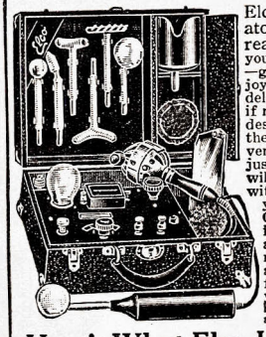

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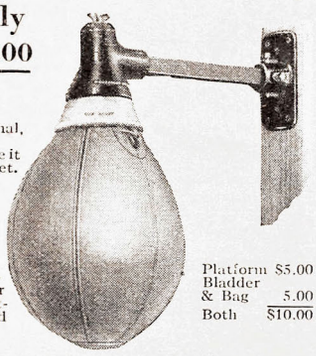

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to use in connection with the fast is pumpkin seed. This can be secured in most drug stores. There are two ways in which it can be taken effectively. Three or four ounces of the seeds are crushed, then allowed to soak for half a day in enough water to thoroughly cover them. To this amount is added enough water to make a coffee-cupful, and this amount is taken in one dose after the fast. An hour later an effective laxative is to be taken. This is the adult dose. For children the dose is reduced according to age.

The other method of taking the pumpkin seed is in the form of a tea, taking a teacupful every hour on the second fasting day, with two ounces of castor oil or other laxative about six o'clock in the evening. Several ounces of the seed may be crushed and prepared by boiling for twenty minutes to prepare the tea, or the former method may be used and the infusion (made with more water in this case) brought to slightly under the boiling point for each feeding. If there are no indications that the worm has passed, or if segments have passed and the head remains, the same treatment may be repeated the second day—on the third fasting day. It is absolutely necessary that the head be removed, else the worm will grow again.

Often better results are secured when a laxative is given morning and night of the day or days on which the pumpkin seeds are taken. But since good results very frequently follow evening use of the laxative, I consider it safer for the future health of the digestive tube to take but one laxative, and that in the evening. If necessary to repeat the treatment a second day, the laxative on the evening of the first day will have the effect of one on the second morning.

There are numerous other preparations that often are given to chase out worms, but these come in the drug class and should be prescribed by a physician. An ideal vermifuge or worm eradicator would be one that would be sure to kill the parasite without in the least injuring the host. No such ideal preparation is known. Hence if fasting and the simple remedy of pumpkin seed do not rout the worms, it would be advisable to consult a physician. There rarely is any trouble resulting from the use of any of the recognized vermifuges; but because there occasionally is, and because these are drugs, it is unwise to guess at a treatment and apply it haphazardly.

It is a simple thing to *prevent* worms, though part of the prevention belongs to public health authorities. If there is careful inspection of meat to prevent distribution of contaminated flesh, and if the water supply for drinking purposes is pure, there will be little likelihood of worms developing. However, the individual also has some responsibilities. He should be careful in selecting his food, eat no meat that is not thoroughly cooked, and perfectly cleanse the fruits and vegetables to be eaten uncooked. Aside from these precautions, one's diet always should be such as to keep the digestive tract in the healthiest condition possible, free from putrefaction of an excess of proteins, and from an undue amount of fermentation from an excess of starches and sugar products. Always there should be avoidance of eating to capacity; and parents can spare their children much distress, general sickness, and perhaps worms, by feeding them for health.

No one ever need harbor parasitic worms. But if they should happen to find their way into an intestinal tract, they should be sent scurrying into the outer world as soon as possible. Then every effort should be made to right the wrong they may have done, and the wrong the patient certainly has done, by failing somewhere in providing disease-preventing care to his body.

Softening of Bones

QUESTION: The long bones of my leg between ankle and knee are bending outward. They were perfectly straight before, but now bend more each day and nothing seems to stop them. The body weight seems too heavy for them, though I'm quite slender. The ankle bone, knee bone, and wrist bones enlarge and stick out like hat racks, but the leg bone bends. Can you tell me the cause? Age forty-five. This is just happening now, and has been for about three years slowly developing. —Miss Emily M.

ANSWER: Either you are getting thinner and the loss of the calf muscles reveals a bowed condition you were unaware of before, or there is a very serious change taking place in the bones due to failure to provide necessary building elements, or failure of the body to take these up if they are supplied. I suggest a very thorough examination. In any case it is quite certain that you require large amounts of the citrous fruits, green vegetables, and milk. These, especially milk, provide the calcium you need, also the phosphorus that is necessary in order that the body can take up the calcium. You also need plenty of sunlight. If you cannot get this, take artificial sunlight radiations in the nude. If even this is impossible, take cod liver oil in maximum doses in addition to the foods mentioned. If the bones actually are bending, remain off the feet until you have had such a diet as suggested for at least two or three weeks, also the radiations or oil. Other measures may be necessary, but these are the most important.

Enlarged Pores

QUESTION: All over my face the pores are enlarged, and around the nose they are huge holes. Is there anything I can do to reduce them, or at least to prevent them from becoming larger? I am only a young girl. —E. E.

ANSWER: Sometimes this condition cannot be altogether corrected. But the texture and appearance of the skin can be greatly improved, and the pores somewhat reduced in size, often made inconspicuous. This is especially true in young people, in whom the skin yet has considerable changing to do before full maturity. The general health must be looked after to the very best of one's ability. Active exercise should be secured in plentiful amounts, in fact enough to produce general perspiration, providing exhaustion is avoided. Eat simply, taking plenty of fruits, salads and milk, and avoiding fat and greasy foods. Citrous fruit juices will be excellent, and the equivalent of an orange should be taken at least once a day. An occasional hot tub bath long enough to bring out perspiration will be of benefit, but should be followed by a cold spray or splash. The bath may be made shorter by drinking a glass of hot water or hot unsweetened lemonade upon entering the bath, and ten minutes later. Cold cloths or alternate hot and cold applications to the face will be excellent, if the hot applications are shorter than the cold. The final application must be cold, and it may be left on for ten minutes. A good cold cream may be used. It may contain a mild astringent, or the astringent may be applied in lotion form. Lemon juice makes an excellent safe and mild astringent.

White Skin Spots

QUESTION: Please print a cure for liver spots, as people call them. They are small white spots at first, then become very large. As I am dark skinned, they show up very plainly. Medical and chiropractic treatment did not reduce them. Some people say they come with change of life. I am now thirty-nine years old. —Mrs. E. T.

ANSWER: Your trouble is not liver spots, which are brown spots. Your condition very likely is what is called vitiligo, or acquired leucoderma. However, whatever the name, the condition is disappointing in its response to treatment. The cause is not known,

though it is thought to be due to some condition of the nerves that prevents the skin from being fully nourished, or that prevents deposition of pigmentation, and no cure is known. Sometimes it recedes markedly, but often it remains permanently. The spots may be made less pronounced by using a solution of walnut stain, weakened or strengthened to match the normal skin in color. A cure has been reported from the use of thyroid gland extract, and another from the use of pituitary gland extract. The internal secretion change that takes place during the change of life may be responsible for the condition in some cases.

Varicocele

QUESTION: I have consulted two doctors regarding a varicocele and have been told that operation is the only cure. I shall appreciate any information you may be able to give me regarding this condition. —G. Johnson.

ANSWER: In many cases the affected veins are so enlarged and thickened that no measures except an operation will bring the enlarged scrotum to more nearly normal. This does not cure the varicocele; it merely takes it out. If the condition is slight and gives no dragging sensation or easy fatigue, it should be ignored except that constipation and straining lifting should be avoided and a daily cold sitz bath taken for several weeks, even several months. If there is slight dragging pain or if lifting is unavoidable in one's work, there should be worn a comfortable suspensory or supporter, but also constipation should be avoided and the sitz baths taken. Long standing aggravates the condition, also slow walking; but brisk walking and running are beneficial, or running in one's room without getting anywhere will be equally effective so far as the exercise itself is concerned. Exercising on an inclined support with the head down is of some value. Sexual excesses should be avoided, often even sexual stimulation for many months.

Itching Blisters on Skin

QUESTION: For the past two months I have had spots form on the body like water blisters that are very itchy. Please inform me if this could be syphilis, and what can I do to cure it? —C. B. R.

ANSWER: Relieve your mind of any worry about the trouble being syphilitic. It is not. Perhaps it is herpes, or shingles; or you may be exposed to very great heat, such as furnace heat. If it is due to heat there isn't much to do for it so long as you remain exposed. If it is shingles I suggest a fast followed by a very simple diet that provides an abundance of the mineral elements and very little protein, starch and sugar foods—the foods that cause intestinal putrefaction and fermentation. You may require a better balance of rest and activity, so as to insure composure and normal action of the nerves. Nude sunlight or sunlamp treatments should be of some value.

Painful Swallowing

QUESTION: My husband has been suffering from a pain in his chest for about three years. When he swallows his saliva he feels as though a stone dropped from his throat into his chest and stays there. The pain is there continuously, but sometimes is worse than at others. One doctor told him it was a bad cold, but it never got better. What is wrong and what should he do for the trouble? —Mrs. J. S.

ANSWER: I do not know what the trouble is. I suggest a careful going over by some chest specialist or a group of doctors. The trouble may be in the swallowing tube, in the ribs, the throat, the stomach, or one or more of various other structures. Perhaps an X-ray examination would reveal the trouble. However, the condition may be solely nervous. Anyway, have him have a thorough examination.

Vicarious Menstruation

QUESTION: I am a girl of nineteen, a physical culture girl. Lately I am getting weaker and can't eat much. Three months ago I began having a rectal discharge instead of my monthly periods. I take hot sitz baths, thinking I may have caught cold, but they do not help. What is wrong? And can I be cured the natural way? —J. B. F.

ANSWER: Yours is another case where a careful examination of the parts concerned would be advisable. This may be a case of vicarious menstruation—the cause of which often is not clear. Congestion of the pelvis may cause it, also shock and numerous other conditions. Perhaps resting in bed continuously for several days or weeks would help; but it may be that some activity would be better. It depends upon the cause and the pelvic condition. Fasting might aid very greatly, especially with the rest in bed. I believe it inadvisable to continue the hot sitz baths, unless short cold sitz baths or splashes follow the hot applications. Take your mother and go to a legitimate woman's specialist and find out the true condition.

Bronchitis

QUESTION: I would like to know the easiest and quickest way of curing my bronchitis. —M. H. J.

ANSWER: Often the easiest way to cure any disorder is the hardest for the patient to follow, because it usually involves doing those things the patient has avoided doing, and not doing those he has done because he really preferred living that way. And usually the quickest way is the longest way because it requires undoing mischief that years of wrong living have created. What you want is the surest and safest way. And after all that really is the quickest and easiest way because it is the only way. Fasting is best to start the treatment. In place of the fast a fruit juice or vegetable broth or very limited raw salad diet may be very effective. The intestinal tract must be cleansed, then light, alkalinizing foods used. The nerves must be restored to normal activity by suitable relaxation and rest. The blood must be sent to every part of the body without stagnation anywhere, which requires exercise—unless one has an *acute* bronchitis (or other disease) with fever. Fresh air is necessary at all times, and the lungs must receive ample doses of it regularly by moderately deep breathing. The skin must aid in elimination, which it will do if cool bathed, frictioned and air bathed regularly. Water must be supplied daily by drinking—several glasses. In addition to to these, relief may be secured by steam inhalation and warmer clothing, and cod liver oil may be taken to hasten improvement. Repeated fasts often are quickly beneficial.

Bald Spot

QUESTION: I am a girl twenty-five years old and have a bald spot at my left temple which is growing larger. How can I stop this? And how can I grow hair on the bald spot? My hair is dry. I found some gray hairs among them. Does massage cause this? —A FAITHFUL READER.

ANSWER: The cause of alopecia areata being unknown, nothing specific can be done to arrest the progress of the condition. The condition is quite common among children and young adults. It sometimes is permanent; sometimes after a certain size is reached a spot remains stationary for months or years, after which it *may* gradually be covered with soft down which gradually gives way to ordinary hair, complete recovery taking place. It frequently happens, however, that the baldness reappears, though this is not always the case, by any means. As for treatment there is no known remedy. If one happens to be using some application, it will be given credit in

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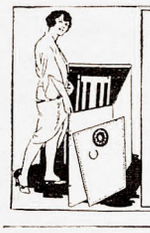

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case the hair begins to grow again; whereas it may be no better than any of several others that had been used previously. Whether to check the progress or to restore the hair, it is advisable to look after the health in every natural way possible. The diet must be ample without excess, and must provide all the elements the body requires without providing a lot of indigestible, toxin-creating substances and mixtures. Going without headdress is advisable, for the sun and air will be beneficial. Artificial sunlight radiations may be helpful. Massage is excellent, both for the skin and hair follicles and for the dry condition of the hair. Some forms of electrical treatment may favor recovery. So also may some form of internal secretion in selected cases. While doing all natural things that may be of benefit, bear in mind that after early adulthood the condition *may* disappear spontaneously. Massage does not cause gray hair nor baldness. On the contrary, it may benefit both.

¶ *What People Eat*

Continued from page 32

lished information about actual diets has hitherto been of two sorts. First, diets planned by dieticians, and which may represent scientific knowledge and authoritative opinion but which is limited by one man's personal bias and preferment in food. Second, numerous studies have been conducted by universities and governmental agencies of the actual diets used by large groups of people. But these have always been people most of whom were ignorant of food from the scientific and health viewpoints, and who selected their foods only from taste and economy and the imitation of the eating habits of others who were equally ignorant.

BUT the several hundred diets which we now have to work with are the food lists actually selected and used by a large number of physical culturists who know something about diet, and who are keenly interested in food from its health standpoint as well as in food economy and tastiness.

I have been pleasantly surprised to find what a high order of practical food knowledge these contestants as a whole reveal. That fact has however made a very difficult task for the judges of this contest. Usually in a contest there are a few outstanding contributions, and picking the prize winners offers no very difficult problem. But that has not been the case in this contest. There are no marvelous and distinctive diets that materially differ from all the others. Instead we find a high order of dietetic excellence in a large proportion of these contributions.

And yet not one of them could be called perfect. As a professional dietician I will find minor criticisms and suggestions on all the prize winning diets. But a large number of these diets are fundamentally sound from every important health consideration, and also show very reasonable food costs and very good taste appeal. I would not hesitate to recommend as a most excellent diet any one of at least a hundred of the diets submitted, and yet no two are exactly alike and the judges' task became one of weighing minor points against other minor points of closely competing diets against which no major criticism can be made.

FOR the benefit of all readers I must now briefly review the conditions of this contest, as they were set forth when the contest was announced in last October's issue. We asked for the report of an actual diet as used by one individual for a period of thirty days. We requested a statement of the total amount of each kind of food used by the individual during the thirty-day period, and the price paid for such food.

We also asked for sample daily menus and any distinctive recipes, and for the following personal data about the contestant: sex, age, height, weight at the beginning and at the end of the thirty-day period, occupation, and exercises carried on during the test.

The contest was duplicated throughout for cooked and uncooked diets. It was stated that cooked diets might contain uncooked foods and that uncooked diets would not be rejected because of the use of bread or prepared cereals.

It was further stated that a first, a second and a third prize for both cooked and uncooked diets would be awarded on the combined consideration of economy, tastiness and healthfulness.

In both cooked and uncooked diets three further prizes were to be awarded also for the separate considerations of economy, of tastiness and of healthfulness.

That was quite a complicated series of prizes and it made a very complicated job in awarding them. But it was worth while because it brings out all the practical problems of diet.

Since economy, tastiness and healthfulness are all considered in picking the first prize diets which are published in this issue, I must give you a brief discussion of how these three points were handled. But I shall later give you a fuller discussion of each of these problems, which will accompany the publication of the special prize diets that were selected solely for economy, for tastiness and for healthfulness.

MOREOVER, I cannot in this issue discuss the problem of the uncooked versus the cooked diets, but will take up that discussion next month.

Since eight out of the twelve prizes in this contest involve the item of food economy it was necessary for us to have a full statement of the amount of each food used in order to have any fair basis of judging the economy of the diet. We could not accept a mere statement that the month's food had cost so many dollars without an itemized list of the foods. It was not a case of disputing the contestant's word but of lack of the needed information that would enable us to determine whether a given diet would prove economical to others or merely happened to be economical for the individual reporting it because he lived in a region where the foods he used

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are very abundant and extremely cheap.

Now it is quite natural and sensible for a person picking out an economical diet in any locality to make a larger use of the foods that are least expensive in that locality. To ask him to do otherwise would presume a knowledge of prices elsewhere which he would not have, as well as to make the diet less economical for him. Such a contest would have given us theoretical menus, not the actual diets of people striving for practical economy.

Yet with these reports before us, giving food prices actually paid by each individual, we were immediately confronted with the fact that to make the economy awards on the contestants' prices would result in awarding prizes to those lucky enough to live in regions of cheap food production. Such awards would be manifestly unfair to all contestants who had to contend with high price levels.

There was only one solution to the problem and that was to first determine the average or typical price for each food paid by the whole group of several hundred contestants, and then from the amounts of foods reported, to refigure the cost of each diet based on average prices.

This method of handling the problem is the best we could find, and it will make the prizes selected the most useful for the largest number of readers, but I grant that it is not a perfect system. For instance, if a man living on a dairy farm where skim-milk is fed to hogs, wants to consume skim-milk at five cents a gallon, that is his privilege. But he could hardly expect us to award him a prize and publish his diet for city dwellers to follow, who would have no way of getting skim-milk except to buy whole milk at perhaps sixteen cents a quart and throw away the cream.

PERHAPS the biggest group of contestants whom this average price method of calculating food economy may have discriminated against, are those who live in regions of abundant local production of fresh fruit and vegetables. For them the prices, not of one but of many foods, may actually be but a small fraction of what the majority of Americans have to pay for the same products. We had quite a number of these diets submitted, that were composed of the rather enormous quantities of fresh fruit and green vegetables that it takes to support a person when none of the dryer, more concentrated, foods are used. Some of these diets showed low cost to the users but would show very high cost to dwellers in large eastern cities or even in the country districts at most seasons of the year. Important as fruit and vegetables are in the diet, we do not believe that there is sufficient evidence favoring a diet composed almost wholly of such watery foods to justify the higher cost which such diets would involve for the majority of people.

Some standard foods such as butter and whole wheat bread sell at very nearly uniform prices throughout the United States. But this is decidedly not true of fresh fruits and vegetables. As universal a food as apples were reported at prices ranging from one cent to thirty cents a pound. The typical price was found to be seven cents a pound. This

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figure will seem ridiculously high to a farmer who has apples going to waste, yet only by determining such typical figures and recalculating the costs of diets on that basis, could we get any fair comparison or determine those diets that would give the most practical economy suggestions to the largest number of people.

FROM this study of prices that are actually paid for various foods in various localities we have gathered a lot of very interesting information. This will be presented later and will be of interest to all readers, for it will show them where they may be wasting money by using foods that are relatively high priced in their localities and how they can save money by selecting foods that are relatively lower priced in their locality.

Next to this matter of price calculation our most interesting problem was that of calculating the calories of all these diets. We did not expect the contestants to do this, but such a calculation was necessary from our standpoint for the following reasons: The calorie content of a diet and the number of calories from different types of food is part (but by no means all) of the facts that should be considered in judging a diet scientifically for healthfulness. It was also necessary to calculate the calories of each diet and to compare that calculation with the facts of sex, age, height, weight and exercise in order to know whether the diet had been fairly and fully reported.

Among five hundred people in a contest of any kind there are liable to be a few tricky ones, and naturally we did not want to consider any faked-up diet lists that had not had the proof of use. A very few perhaps tried the trick of sitting down and writing out a list of foods that they imagined one could live on for a month but which they had never actually tried to live on. One very glib young man sent in a report in which he stated that he had lived for one month on about five dollars worth of foods, but when his calories were calculated it was found that he had reported only about one third the amount of food that scientists know to be the minimum essential to prevent a man from losing weight. And this foolish boy had the audacity to add the statement that he had gained several pounds on this imaginary diet.

THE majority of those whose calorie values were such that we could not consider them, were not however guilty of any intentional effort to mis-state the facts. They appeared rather to be cases of innocent inaccuracy. Probably some of them forgot to set down important items, while others became confused in their figures on weights. The majority of them probably attempted to estimate the month's foods by guessing at the weights of small portions or servings of individual meals. One cannot tell from the effects of a few meals whether he is eating enough, but will later unconsciously eat more. Very great errors in total food quantities for a month may be made in this fashion. But such errors when serious are readily enough eliminated by the consideration of the personal facts asked for, and of course those who made such errors had to be thrown out. This elimination left only the diets that gave every evidence of being full records of the food actually eaten and we have every reason to believe the great majority of these reports to be honest and careful accounts and trustworthy diets for others of like bodily requirements to follow.

The recalculation of the costs of these diets on a uniform price basis, plus the calculation of the total calories of each diet, enabled us to eliminate another element of confusion in food economy. The principles of economical food selection are quite independent of the total food requirements of the individual. If a small indoor woman weighing ninety pounds lives for ten dollars a month, she still may not live as economically as a six-foot man engaged in strenuous physical labor whose food costs twenty dollars a month. The only fair basis of comparison of all diets is the cost per thousand calories. This factor was figured for every report submitted that gave us the requisite data from which to figure it.

This calculation made the contest equally fair for men and women, for big and little folks and for sedentary people versus hard physical workers. Incidentally it was interesting to note that every one of those dubious reports that got illusory cost figures, but submitting a list of foods that would be insufficient to maintain bodily weight, were found to have high costs per thousand calories. Such fictitious or inaccurate reports, even if we had not thrown them out of the contest because of too low calories, would have been eliminated anyway because the diets did not represent true food economy. No theorizing or imaginary diets stood the test of our careful system of checking against the real diets of people who had worked them out in practice and in many cases had used these diets over long periods and found by real experience that such diets would maintain health and ideal bodily weight.

FULLER details of the methods of these calorie calculations and a wealth of interesting data as to the food requirements of men versus women, old versus young, indoor versus outdoor workers, et cetera, will be given you in subsequent articles.

I believe this is to be the most valuable data ever collected on this subject because we have here the experiences of hundreds of people who were living on health diets.

This data bears out the criticism which has often been previously made in this magazine, that the published dietary standards of the old orthodox diets are too high and encourage overeating and obesity. Even after we discarded the more extreme reports of illogically low calorie diets, we still have left a large number of reports that bear every evidence of being accurate and honest and which give striking evidence of true physiological economy of nutrition that comes from proper food selection. These foods back up findings of the more progressive food scientists who have criticized the old standards of the conventional heavy meat and fat diets. Such diets lead to overeating because of an effort to get

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"A few days after that, each of my five children (ages—one year to eight) had the mumps. I did not feel uneasy for I had my Encyclopedia. I was sure if I followed these books they would get through O.K.—and they did.

"Three weeks later all five had the red measles and again I leaned on the Encyclopedia. All five recovered in fine shape—then the whooping cough followed in quick succession. Croup and ear-ache were part of this same siege and finally my husband quit work with the Flu.

"Since these troubles, by studying the Encyclopedia, we have lived the P. C. life and they are a bunch of strong, healthy children.

"I speak a good word whenever I can for these books. I always consult them for any symptom of sickness and cannot praise them enough for the ways in which we have been helped."

Mrs. Ethel L. Clive lives in Farmington, Illinois (269 S. Cone St.) Here is a mother who tells you her experiences with a set of five books which she owns. She obtained them on easy terms. If you turn to the first page in the front of this issue you will find a full description of the books and how easy it is to own them.

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enough of the rarer elements of nutrition, and such overeating leads to obesity and disease. These principles this magazine long has taught. Now we have a wealth of data not only to prove this contention but to give you concrete details of how to select a diet for both financial and physiological economy.

The consideration of tastiness is unlike economy in that it requires no elaborate calculations, but is more a matter of the opinion of the judges. Generally speaking we gave the diets that furnished a larger variety of foods the preference as to tastiness over more limited food lists. We are well aware that some people enjoy extremely simple diets with only a few foods. These diets may be tasty to the individual who selects them yet would be monotonous for others. Likewise a diet devoid of sweets or devoid of fats may be tasty for some but not for most people. We took into consideration what we believed to be the general ideas of tastiness of the average person and judged our diets accordingly.

THE healthfulness of a diet is perhaps the most complicated consideration of all. I shall leave the detailed discussion of the principles by which the healthfulness of these diets were judged till the last article of this series. You will then have had the benefit of all the previous discussions to enable you to better comprehend the subject. Suffice to say that the judgment of your committee represents their opinions as life-long physical culturists, backed up by much data of a scientific nature concerning the actual diets in hand.

Our highest rankings for healthfulness go neither to the most expensive nor the least expensive diets, but they come nearer the lower than the higher cost level. Neither does an exceedingly large number of foods add to healthfulness, but is rather a concession to taste and the pleasure of change.

ALL of the above points were taken into consideration in selecting the first two prize diets, which you will find on the two preceding pages. At the end of each of these diets I add certain calculations and comments and tell you at least some of the reasons why we believe these diets deserved the honors awarded them.

However, the subject has too many points of interest to be fully covered in the space now available. I therefore suggest that you keep this issue and compare these first prize diets with the other prize winning reports to be published in succeeding issues, and with the fuller discussions of what this contest as a whole has taught us.

Out of deference to the family of Thomas Connor, of Evanston, Illinois, we shall not publish the story of his son's death which occurred last November, and which was promised for this issue.

THE EDITOR

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¶ *What Would You Do In This Case?*

Continued from page 64

I wish you and the readers would give me your honest, candid opinion, and please publish your answer as soon as possible, as I shall be looking for it.

I also wish to tell you that I am good-looking, well dressed, do not smoke or drink or go on wild parties, but I enjoy good movies and dancing and any clean, sociable times. I shall look for your answer and will try and do just as you tell me, and please publish it soon, as I shall be waiting anxiously. I hope some of the gentlemen readers will also give me their opinions. I have other boy friends I could marry any day, but why I should love the one I do, is more than I understand.

Please publish my answer in your column, and I shall be a thousand times obliged to you, as it means everything to me, although I am only one of many. I am

"PUZZLED AND BROKEN-HEARTED"

First of all her friend stands out as being about as selfish and conceited as it is possible for a man to be. I am sadly afraid, dear Puzzled, that if you do marry him he will develop into the sort of husband whose favorite line with each attractive girl he meets is, "My wife does not understand me."

I should say he does not want to marry and the chances are that, like thousands of young men of today, he won't; he wants to be free, to roam the wide world if it suits him to do so. He is following an old uncivilized urge, and in his search for happiness he is going directly away from it.

Protective love is the strong force that endures in either a man or a woman; sex comes and goes as the tides of the sea. When it is strong it sweeps all obstacles from its path; used in this way, it makes for marital happiness.

We eat to be strong and vital and better able to do our real work. If we are wise we use the mating instinct in the same way. We use it to gain happiness and protective love.

Now just one more word of advice, dear Puzzled: Keep away from situations with this man that put you more or less in his power. It is natural for the male to dominate the female.

Sex as a final goal will prove dead sea fruit, and this is the lesson the young strugglers of today will have to learn, just as millions of other strugglers have learned before.

In this great game of life we want and need many things, but our greatest need of all, I think, is real love. We want some mate with whom we are first and foremost. When we are happy we want to share our happiness. When we are sad we need to have our load lightened by sympathy. We want a home, and if we are entirely normal we want the feeling of being a part of the great life stream that flows on endlessly. We want children if possible, and if life does not give them to us, other people's children must substitute.

Does this man promise you any of the deeper, lasting things in life, or will he wreck you even as he will wreck himself by seeking pleasure instead of happiness? He is divided in his attentions now. Will he continue so after marriage? I think he will.

Now if I am wrong or you think I am, let's hear from you. I pass on to you what life has taught me.

Dear Ruth Rogers:

I have a very real problem. For years I've worked hard, making every sacrifice possible for my family. Conditions were and still are such that everything I make goes to meet some urgent need at home. Things will probably be that way for years, for there are those in my family who are physically unable to ever make their own way.

At an age when most girls are settling the marriage problem, I was giving my all to my people, and purposely kept myself from falling in love many times. One cannot fight always against the very human instincts all normal persons possess. The desire for a home of my own, and the love of a worthy companion, cannot always be denied. I see others who do not seem so deserving, having these things come into their lives, and year after year I keep on devoting myself to my family, without much hope for a brighter future unless I deliberately leave all and go my own way.

There is a man who wants to marry me. He is utterly devoted to me and is willing to help me look after my people. I never have had, nor am I likely to have, anyone so deeply in love with me as this man. I care for him also, but am afraid that it's not the real, deep love I'm capable of feeling for someone who is nearer my ideal. This man is good and of a gentle disposition, but he is uneducated and, I fear, not so intellectual as I'd want a companion to be.

I wish some one of experience would advise me. Should I marry to satisfy my natural craving for a home of my own and the devotion of a mate who truly loves me, or should I listen to the dictates of my head which reasons otherwise?

I'm of the old-fashioned, home-making type. It is this quality that first attracted this man. He wants a real home as well as I do. Most of the men I meet care only for the girls who can devote their time to dress, to cards and dancing. I've been too busy and, I hope useful, to place those things in an important position in my life.

In view of the fact that I meet so few men, and those who come near my ideal are usually attracted to others, should I wait, hoping that some day one may come my way, who is the right one, or take a chance on this one? I must decide one way or the other by June. I would appreciate very much the advice of some one who has solved a similar problem successfully.

HESITANT.

My advice to "Hesitant" is not to marry any man of whom she is so critical before marriage, for the chances are that the faults that annoy her now would become crimes in her estimation when she had to live with them every day.

In my opinion romantic love for "The Dream Girl" or "The Prince Charming" is not the kind of love that necessarily lasts, and certainly infatuation that depends on passion alone is not lasting; still, both these things should be considered. But most of all a community of interests I believe is necessary, and that you evidently do not feel you have with this man.

You cannot absolutely shirk a real obligation and build your own happiness on the misery of your own flesh and blood; but, on the other hand, do not magnify your responsibility and sacrifice more than is absolutely necessary.

I remember talking once with a splendid man who had never married because of his supposed responsibility to care for an invalid mother and two unmarried sisters. Death claimed him suddenly, and the family so adjusted itself that others took their share of the financial burden and no one suffered financially, because the one who had let life and reality pass him by was gone. The load was divided as it should have been long before.

Use your head as well as your emotions to meet this problem. Do not sacrifice for the sake of being a martyr, but realize that your life and happiness are important, too. Develop your own talents and your physical condition as much as you can, and keep on looking for the man who will share your burdens and make your life bigger and happier at the same time.

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YOU have heard all your life of bad combinations of food. When you eat a food combination that is so extremely bad that the stomach positively cannot and will not stand it you become violently nauseated or contract diarrhea. That kind of bad food combination you recognize because *it cannot be ignored.*

But, do you recognize the dozens and dozens of other food combinations that are far worse for you, because while poisonous to the system, are not sufficiently violent to cause ejectment? Those are the foods that kill, because instead of being violently cast forth they are absorbed by the system, which becomes saturated with insidious poisons that slowly but surely sap away health and vitality.

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New discoveries—a new understanding of man's mental processes, makes the adjustments, once seemingly impossible, now SURE. Confidence, Poise, Positiveness, Personality and Courage CAN NOW BE YOURS. This will mean Mental Freedom, Happiness and greater success in life. You possess wonderful powers and you can express them in an astonishing way when you once get in touch with these powers and thoroughly understand them. Everything is according to law in this world and in the expressions of your life.

I have written a 100 page book, SELF MASTERY THROUGH UNDERSTANDING, just for YOU, if you are a victim of any of these unreasonable forms of fear or possess a feeling of inferiority. This book is the result of Twenty years of active service in fighting FEAR. It is pronounced by hundreds as priceless. To those who purchase the book I offer a Preliminary Psychological Analysis without additional charge. The cost of the book is but

25 CENTS

C. FRANKLIN LEAVITT, M. D.
Suite B-1515, 58 E. Washington Street, Chicago, Ills.

Here is an answer to "K. T.," whose problem was presented in a recent issue.

Dear Miss Rogers:

I cannot go to bed tonight without writing a letter which you *must* send to "K. T." The very same thing happened in our house two years ago. The whole thing is just "frazzled nerves" on both sides. I know, for I was the nagging, scolding, wife and mother.

Miss Rogers' advice is excellent but, best of all, *separate at once*, for a while. Your wife must be away from her children entirely, and do some kind of very different work—but have long hours of rest at night.

Let a relative care for your children, or put them in a boarding school; even a home is better than living with parents who are bitterly unhappy. They are not too young to know. They will feel you are persecuting each other. They will take turns hating you and your wife, and end by never wanting to see either of you when they are older. I know. My parents quarreled bitterly, and I sometimes think I would rather never have been born than to go through such a childhood. Today it is claimed that an unhappy childhood is one of the greatest causes of crime, mental disease, and nervous disorders in later life.

To go back to your wife, I know that having two children in a short time takes an awful "wallup" out of the average woman's nerve force. Then the broken nights of sleep, probably, and worry, caring for them! You both need a rest, and a change, and a good rest to boot. I feel so sorry for both of you. As for her not loving you—never mind that. When you realize that she is probably half sick, you will not feel so bitter against her. Anyway, love doesn't matter so much in a crisis, and that is exactly what you two have reached. Never mind your heart—your head must pull you through this.

And remember, never mind the doctors saying there is nothing wrong. Four doctors told me the same thing, and then all at once I had a "nervous crash," and it took two years of invalidism and thousands of dollars to pull me out of it. Now my house is usually a fright. The dishes are often unwashed, but my husband never cares, for he realizes now that I have far too much work in this place where we are. We are planning on moving in the spring.

I know you two will come out all right. Good-bye and good luck.

"ONE WHO HAS BEEN THROUGH MANY MILLS."

How about some one writing on how diet and exercise have helped them solve their problems?

If you feel well to your finger tips, little troubles are apt to fall into their proper places. And if you feel half sick, every disagreement becomes a quarrel.

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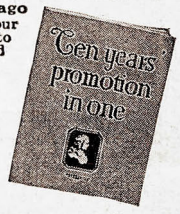

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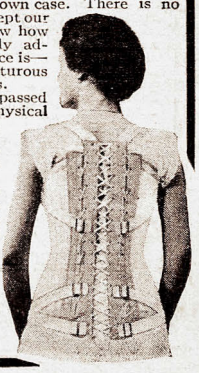

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C. FRANKLIN LEAVITT, M. D.
Suite C-1515, 58 E. Washington Street, Chicago, Ills.

A Mountain Survey Gave Me Health

By O. H. Kneen

Photo by Asabel Curtis

I learned that summer what real health required

TWO short reels of moving pictures would reveal my experiences better than I can tell them. The first reel would show a stooped-shouldered, flat-chested youth bending over a drawing board. If the cameraman caught him clothesless, a close-up would show very flabby muscles; ribs easily counted; a thin, rangy figure full of bones. His hand is unsteady, his lettering wavy. His mind wanders. He feels "punk" and looks it.

The second reel, a few weeks later, shows a railroad surveying camp many miles from far Northwest civilization. Dense cascade woods surround it. The sun is dropping behind snow-capped peaks and evergreen ridges. A heavily laden packhorse is led out, with dunnage to be delivered to the railroad station by three P. M. next day. The same youth as above pictured is to take his horse over thirty miles of forest trail. They swing down the shadowy trail.

Darkness falls swiftly. With only a candle in a can for light, the horse refuses to be led. So the youth falls in behind him and for long hours they plod through black, soundless woods. At an invisible turning the four-footed guide swings into the creek, splashes on to the rangers' haven of rest and hay. Next day they reach town, turn back. The following day they are in camp again, ready for work.

How could a few short weeks so completely transform the youth? What sort of life is it that enables a physically-bankrupt man almost overnight to become a fighting surveyor, smashing through the toughest brush for ten hours a day, working like a horse and living like a caveman? It did not take me long to find out.

First I should take you back to my stiff grind of a college engineering course. It was no "four-year loaf" for me. Starting out with plenty of health and energy, the stiffest course in college left me completely worn out, as it did many another. Often and often we dragged in from some social or other affair, began studying at eleven or later, and fell asleep on the job. Consequently I never got enough sleep.

BY the time I was half-way through, my health showed the effects. The sleep I did get was not sound. I was often dog-tired without cause. Hasty eating, nervous tension, lack of physical knowledge and all attention to natural habits, finally "got" me. Constipation began, rapidly grew to be serious. With proper advice I could have solved my troubles easily. Instead, I plugged wearily on, each year getting worse in spite of hard summer work. The last year of school was at times a nightmare, with headaches, indigestion, sometimes a strong aversion to food. I lost many pounds in weight and showed it plainly. I recall going day after day without proper waste-removal.

During that last year my folks urged me to quit. Physically, it would have been far better for me if I had. I am certain that three months more would have meant a complete breakdown—and I was a normally healthy youth when I entered! But I drew on all my reserves of energy, and no sigh of relief was louder than mine when the sheepskins were passed out that June day. I thought I could sleep for a month straight.

Then came the chance to go on a survey

"What Is There Left For Me To Do?"

"Eight weeks ago I had a friend come to me and ask that question. She said she had done everything for ten years and was still a physical wreck, liver trouble, ulcer of the stomach, bad tonsils, appendicitis.

"'Well,' I said, 'from this day on you are going to wake up. If I tell you how you can cure these troubles yourself will you stay awake?'

"The answer was 'yes.'

"I went to my reading room and wrapped up my set of Encyclopedia and told her to go home. 'For the sake of yourself and your friends do as these books tell you to do.'

"That was eight weeks ago and today this woman is in good health after ten years of thinking there was nothing left for her to do."

Mrs. Martha Swenson lives at 275 Cedar Avenue, South, Minneapolis, Minn. She has owned a set of books for years and follows their instructions faithfully. Why don't you turn now to the first page in the front of this issue and discover for yourself just what these books are about.

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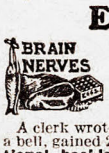
Mucus-Making Foods

In its passage through the body mucus is secreted in various organs, causing disease. The effects or symptoms are then named variously according to location, but the source of the trouble is the same—fermentation, chiefly from butter, cheese, cream, fat, oil, salt, etc., in excess.

100 Names for 1 Disease

Mucus causes catarrh of the eyes (conjunctivitis), of the nose (rhinitis), of the ears (otitis, deafness), of the bronchial tubes (bronchitis, asthma), of the lungs (tuberculosis), of the stomach (gastritis), of the appendix (appendicitis), of gall bladder (gall stones), of gums (pyorrhea), etc.

Eat for Efficiency



Juice from grapefruit, without sugar, also tomato juice, berries, some oranges, apples, etc., when used as freely as water, combined with suitable brain-and-nerve foods, laxative vegetables, prepare your blood to dissolve mucus, and remove acidity.

A clerk wrote: "No mucus, voice stronger, head clear as a bell, gained 20 lbs., now earn 4 times as much." **Educational booklet 10 cents. BRINKLER SCHOOL OF EATING, Dept. 2-E. 136 W. 72nd St., New York** ©

(See Old at 23, p. 122; Constipation, p. 115; Pyorrhoea, p. 108)

party into the high Cascades of Washington. I promptly took the open door to outdoor life, although it was an entirely new life for me. We spent some weeks in close office work, even more confining than college work, but with evenings free, I caught up on a few of my lost sleep hours. But my constipation was as bad as ever. Cafe food and indoor pencil pushing are no cure for *that* sort of thing. Nor were evening walks sufficient. I had no daily dozen. I used laxatives regularly.

One day we boarded a train, crossed the great divide, and were deposited bag and baggage at Enumclaw, at the western foot of lofty evergreen mountains half hidden in mist. A smaller mountain on the platform consisted of our instruments, drawing boards, trestles, tin map rolls, tents, canned goods and dunnage. I offered to help pack the horses, but I don't recall that I did much. Tenderfeet don't.

I HAD heard that snow may fly among those high peaks any time after Labor Day. I knew we had a long summer's work ahead to find and stake down the best pass through to Puget Sound. But I was hardly prepared for the stiff pace, a good five miles an hour, at which "Jimmy" Collins, veteran locating engineer, started the gang off for those green foothills. In vain I waited for resting spells, picked out likely places. My leg and back muscles never creaked worse than on that first endless hike. I actually staggered along when it came my turn to carry the twenty-pound transit or level.

From the dusty road we plunged into the cool forest, threading the trail between immense trees, through overhanging ferns and brush. It was the Naches Pass trail, route of the first wagon crossing of the divide. Deeply-worn, it had been a highway for man and beast since time immemorial, long before even the Redman. To me it was a trail of leaden feet and growing weariness. I began to realize how much better physically those husky axemen, chainmen and engineers were. I really envied them.

After many a long mile we came to Scatter Creek, our first Camp. I thought of resting, but no chance. For several more weary hours I helped cut poles and raise the cook tent, office and bunk tents, made stakes and drove them for tents and beds. No king had a finer bed than mine. Made of a strip of canvas, with a loop at each side for a pole, it was stretched between corner stakes until taut as a drum. There were times when poles were scarce in the denser woods of big trees. And it takes a good eye to spot likely saplings in dim woods. But it makes a great bed when you know how—and have just finished twenty miles of brush and trail!

At the "dawn's early light" the Chief routed us out next morning. I ached in every joint, muscle, tendon and bone. But I had an appetite—glory be! Plenty of straight grub on the table—no frills; maybe it would be called coarse food in the city. But it tasted like "he-man's" food.

Each man put up his own lunch. We specialized on navy-bean sandwiches, and we stowed away sacks of beans that summer. Most of the time we even had the finest of canned fruit. Several times

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"I told him it wasn't too late if he would only make the start and he said he was going to send in one of those I. C. S. coupons right away.

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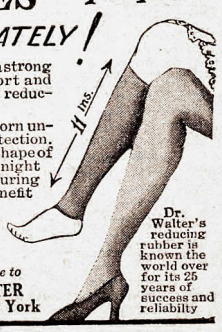

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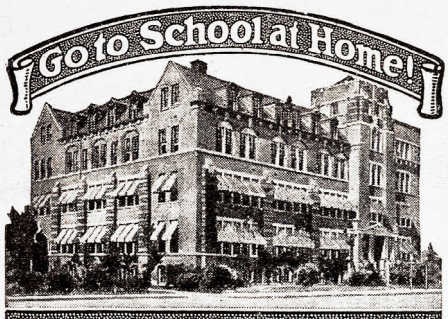

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we had three cooks—two on the trail and one at camp—but I put away more plain food that sticks to your ribs, that seven months, than in any full year since. And how it began to upholster my sharp bones!

That tumbling Scatter Creek drains a rugged terrain. It seemed to me we ran hundreds of miles of useless preliminary lines, up every breath-taking ridge and down every deep gulley within twenty miles. Long, weary, silent hours we trod in the steps of our hard-hiking Chief. And many, many a time, the first week or two, I had to stop on a nearly vertical slope. Legs and lungs had reached their absolute limit.

The Chief walked rings around the best of us. Even old-time veterans never stepped on his heels. No hiker or hill climber I have ever met could equal him. Once he worked all day in the roughest going. Then he set out to the nearest station to send a telegram. It was seventeen miles on a steep and rough trail—if he took any shortcuts he would have to fight brush continuously. He was back in camp that evening. I never saw him exhausted. He even spent every evening working on the maps.

AFTER a while I saw that our early hiking and preliminaries were to get us into shape. Daily we crashed through miles of as maddening underbrush as grows on the continent. I still think the Chief picked out the worst possible places. Often, by ten o'clock, I thought I was completely played out. Yet I staggered on for another seven hours or so. And it is the last few hours that build the muscle.

The Chief explained more than once that he aimed to leave camp at seven and to be back by six. But as one of the boys remarked, "He always made a bull's-eye on the getaway, but what a lot of target practice he needed on the return trips!" I worked immeasurably harder, during those days at Scatter Creek, than I had dreamed possible. Likewise I ate twice as much, slept sounder, drank more—of straight water.

We forded many a rushing, roaring mountain stream, fed by springs and melting snowfields. We drank gallons of the clear, cold water. As we puffed and grunted uphill and down, we exuded gallons. I was always thirsty. But we had plenty to carry, without canteens, so there were days of waterless lunches. Never since have I had one. There were times when those bean sandwiches simply would not go down.

The next move found me able to swing along the trail with more comfort. I became "stake artist," level rodman, assistant draftsman, as required. And when I had computed traverses and plotted lines until I was black in the face, the woods always looked good again. By the end of the first month I felt that I had begun to live. Where at first I had to gasp for oxygen, I now found more room for air, real air with an evergreen tang. But my hiking did not really begin until I had a pair of real boots.

Like most novices, I had started with a pair of low, smooth-soled work shoes. On logs, perhaps on a pile of windfalls twenty feet in the air, I wore myself out trying to keep from breaking my neck. It doubtless was good exercise, especially when crossing a river or gulley on a swaying log, fifty or seventy-five feet long, while the crew cheered on my trembling progress. But finally I sent to town for boots. They proved to be large, with eighteen-inch tops. But a couple of pairs of wool socks and in-soles, with rows of nails, placed me on my feet at last.

From then on I never had a blister or a sore foot. In time I learned how to ride footlogs like a circus girl rides a rosin-back. I could jump from log to log on a pile of windfalls, and my feet stayed where I put them. I really began to enjoy life.

WITH woolen and flannel shirts, or loggers' mackinaws, greatest invention of the coast loggers, we ignored the rain. Some wore "tin pants," paraffined canvas as stiff as a board. At night our tents were festooned with socks, shirts and underwear. We never dried our boots. Each tent had a luxurious, bottomless cone of sheet iron, with stove-pipe, which when full of wood (dry or green), would guarantee to move us all out until it cooled off. How it could *eat* wood!

We arrived at last at Summit Camp, at the top of the divide and some forty miles from our base. It was a mile high; September days and nights were cold, and we hit only the high spots. Except that day after we dropped down the west side, we ran miles of line through devils'-club and along steep gulleys. Then we made the heart-breaking climb of a thousand or more feet, back to camp. It was a weary crew, with few words, that dragged into camp after such days. It was my luck to take in all those long, steep trips—and I wasn't always last man in, either.

We leveled over Pyramid Peak, up slopes of almost vertical shell, before we located the line under which the two-mile tunnel would lie. We had found the pass and staked it down for future use. Mountain-climbing with surveying instruments is no job for tenderfeet. The very last night at Summit brought several inches of snow. It was time to move. We struck camp, swung down the western trail. On that trek out of the mountains, over trails running with water and mud, that straining band of laden packhorses and skidding men traveled some thirty-two miles!

SUCH a life as ours, that summer, seemingly has all the requirements for perfect physical health. We all put on poundage, most of it hard muscle. We ate, drank, breathed the germless mountain air, worked and lived as hard as any man. And we like it. Some of the party had been doing it for years. Our national health and income would increase if we could all live as naturally.

I learned that summer what real health required. I needed no urging thereafter to join week-end hiking trips, nor to keep up daily dozens. They have proved a vital part of life. In addition, they are enjoyable to me. I feel that if I ever want to go on another survey, I am in condition to do it.

Try a mountain survey for building up your health!

You're Invited to Better—More Nourishing Meals

Thousands of women are spending loads of time and money in cooking and preparing meals—yet their families are undernourished! They do not understand the effect of food upon health—they do not realize that our modern artificial foods, while they please the eye and palate, are actually of little or no worth to the human body. Bernarr Macfadden, in a wonderful new kind of cook book, revolutionizes all the old, unhealthful methods of cooking and preparing meals, and shows how to prepare modern health-building foods that are tasty—and yet which actually save money!

NO longer need you stand over a hot oven, weary and tired preparing meals that should really take only half that time. No longer need you waste energy and money that might more profitably be spent in enjoyable recreation! For a new easy way has been found for preparing more delicious, nourishing meals at much less cost and time—meals that build up the health—which supply the body with all the elements necessary for perfect nutrition—which make for perfect, ruddy complexions—which bring sparkle to the eye and buoyancy to the step—yet which sacrifice neither taste nor flavor.

Medical statistics show that the majority of people are suffering from malnutrition—not because they don't eat enough but because they are putting the wrong kinds of food into their stomachs.

Some foods, harmless in themselves, are actually poisonous when taken in combination. Actual disease of the kidneys, of the blood, the liver and particularly the digestive organs results from such improper combinations and preparations of food Diabetes, Cancer, Bright's Disease, Eczema, Catarrh, Appendicitis, Rheumatism, Gout—all result from improper diet! And yet these are all so unnecessary!

Physical Culture Cook Book—Most Amazing Book of Its Kind

Based on his many years of experience as a Physical Culture expert, Bernarr Macfadden has written his "Physical Culture Cook Book" which is absolutely different from every other cook book ever printed. It doesn't simply list a series of recipes to tickle jaded appetites—it doesn't merely present all the latest fads in cookery. It actually teaches the practical art of selecting, preparing and serving foods that will bring a greater degree of health, strength and vitality—that are just as delicious and tasty as the foods you have been accustomed to—and that have even the further advantage of costing less money and consuming less time for their preparation.

If you follow the teachings laid down in this wonderful cook book, you will be overjoyed at the results. You and your family will look and feel better than you have in years—you will have greater endurance, a keener appetite and a happier outlook on life. Headaches, indigestion and constipation will be banished forever—and gradually you will build up vigorous health—you will be able to resist nearly every ailment, which through wrong diet is sapping the energy of thousands.

The "Physical Culture Cook Book" is written in Mr. Macfadden's well known, easy, fascinating style. There is nothing difficult to understand. In fact, all foreign and scientific words and phrases, so customary in other cook books, are completely eliminated. You'll enjoy every single page—and the knowledge you'll gain will help you throughout life.

In this book you will find full instructions for selecting, combining, cooking and serving the foods that build glorious health in adults, children and babies. You will find hundreds upon hundreds of specific recipes, each carefully worked out and tested—an endless array of valuable and usable information on every phase of cooking and dietary practice.

Each dish recommended between the covers of this comprehensive work is not only delicious from a palate-satisfying viewpoint, but in addition is scientifically sound from a health and body-building viewpoint.

Send No Money

Simply mail the coupon. The "Physical Culture Cook Book" will come at once. Upon receipt, pay the postman only $2.00, Plus Postage. Read the book from cover to cover—try some of the recipes—treat the book as your very own. Then, at the end of five days, if you aren't convinced that you are getting your full money's worth—return the book to us, and we will promptly refund every cent of your money.

Now, before you forget and miss this splendid opportunity—mail the coupon and master the art of cooking better, more nourishing meals—at one half the cost.

SPECIAL NOTE—Within a short time it may be necessary to increase the price of this book to $3.00, so we suggest that you act promptly and get your copy now at this low price of $2.00.

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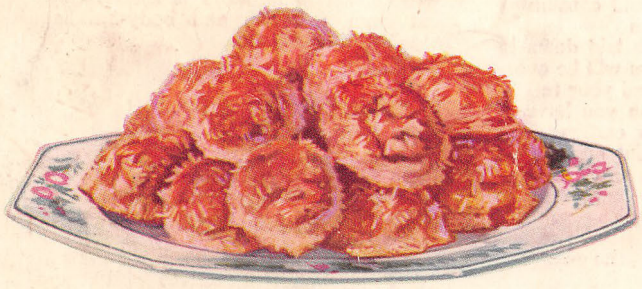
Three more ways to enjoy the kind of bran you really need!

HERE are three delightful foods—you've never tasted anything more delicious! And best of all, they mean health for you and your family. Every one is made with the natural 100% bran you really need—Pillsbury's Health Bran, the kind that fully accomplishes the laxative purpose for which bran is intended.

Bran Date Bars

1 cup Pillsbury's Best Flour
2 teaspoons baking powder
¼ teaspoon salt
1 cup Pillsbury's Health Bran
1½ cups sugar
1½ cups chopped dates
¾ cup chopped nuts
4 eggs
3 tablespoons milk

Sift together flour, baking powder and salt. Add sugar and bran, mixing well. Then add nuts and dates. Beat yolks of eggs well and add to them the milk. Stir this gradually into the flour and bran mixture. Lastly cut and fold in the egg whites, beaten stiff. Bake in thin sheets in greased shallow pans until light brown. (Moderate oven, 380 degrees.) When cool cut in slices about 1 by 3 inches and roll in granulated sugar.



Bran Fancies

3 eggs
1 cup sugar
2 cups Pillsbury's Health Bran
2 tablespoons melted butter
⅓ teaspoon salt
1 teaspoon vanilla
2 cups shredded cocoanut

Beat the eggs well, then add 1 cup sugar slowly. Stir in the bran, melted butter, salt, vanilla, and lastly the cocoanut. Drop by spoonfuls on buttered cake tins. Bake in moderate oven (355 degrees) for ten minutes. This will make six dozen.

When your doctor says, "Eat bran," he means 100% bran. He means bran in its original flake, not crushed, not precooked to the crumbling point. Pillsbury's Health Bran comes to you in a natural state—a true 100% bran. While you are preparing it according to any of the delightful recipes on the package, it remains unchanged and unbroken—your own home baking does not crumble it, and destroy its laxative value. And it provides bulk throughout the entire digestive process—that is the secret of its superiority.

Here is the bran you really need. You can serve it in any number of delicious ways—and no matter how you serve it, you get the full, gentle, natural laxative action of the unbroken flakes.

Try these recipes—you'll like them!

Filled Bran Tea Cakes

⅔ cup butter
¾ cup brown sugar
1 egg
1⅔ cups Pillsbury's Best Flour
½ teaspoon salt
⅓ teaspoon soda
½ teaspoon baking powder
1¼ cups Pillsbury's Health Bran
⅜ cup sour or butter milk

Cream butter and sugar and add the well beaten egg. Then add the bran to the flour sifted with dry ingredients, and add this mixture alternately with the milk, beating well. Drop scant teaspoon at a time on cookie sheet about 3 inches apart. Flatten to thin cookie shape with knife. Place generous helping of filling on each, and then cover with another coating of the dough. Bake in quick oven eight minutes (410 degrees).

FILLING

1 cup dates, cut in pieces 1 cup brown sugar ½ cup water
Cook in double boiler until thick. Cool before using.

Notice the Pillsbury Package:

It carries thirteen recipes for bran foods just as delicious as these. You'll find still more in our free booklet "Fifty Prize Winning Recipes for Pillsbury's Health Bran." Write for it today.

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